The 225 Best Stretch Tube Exercises

Grandmaster Ted Gambordella

The 225 Best Stretch Tube Exercises

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Grandmaster Ted Gambordella

Shoulder Exercises

Do all exercises 6 to 8 times. 3 to 4 sets.

Copyright 2004

We start with the tube held high and extend our arm out to the side, then pull it down and forward to work the upper shoulders and chest.

ercise Manual

We start with the
tube held low and
extend our arm out
to the side, then pull
it down and forward
to work the lower chest.

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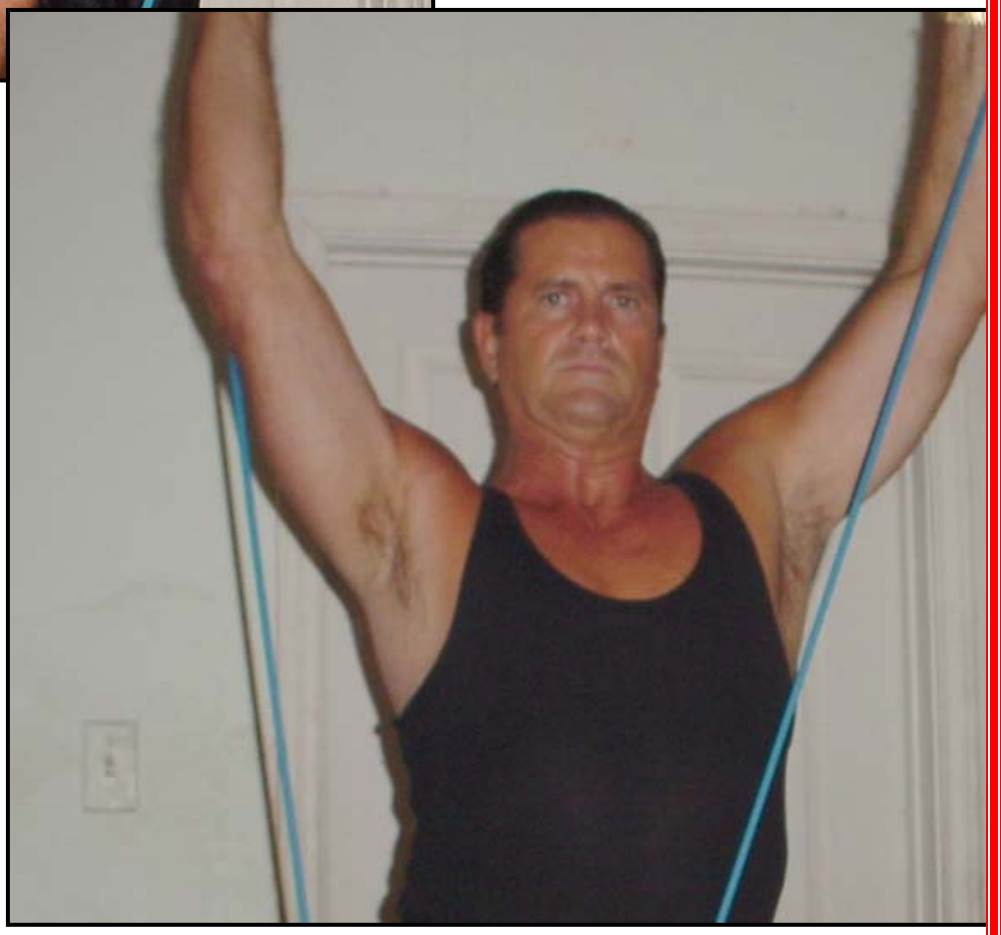
Here we are standing on the tube with the arms to the side, then we lift up with both arms directly to the sides, be sure to keep the back straight.

xercise Manual

Here we lift the leg that is holding the tube and start the move with the arms at shoulder heights, then we push down with the legs and up with the arms.



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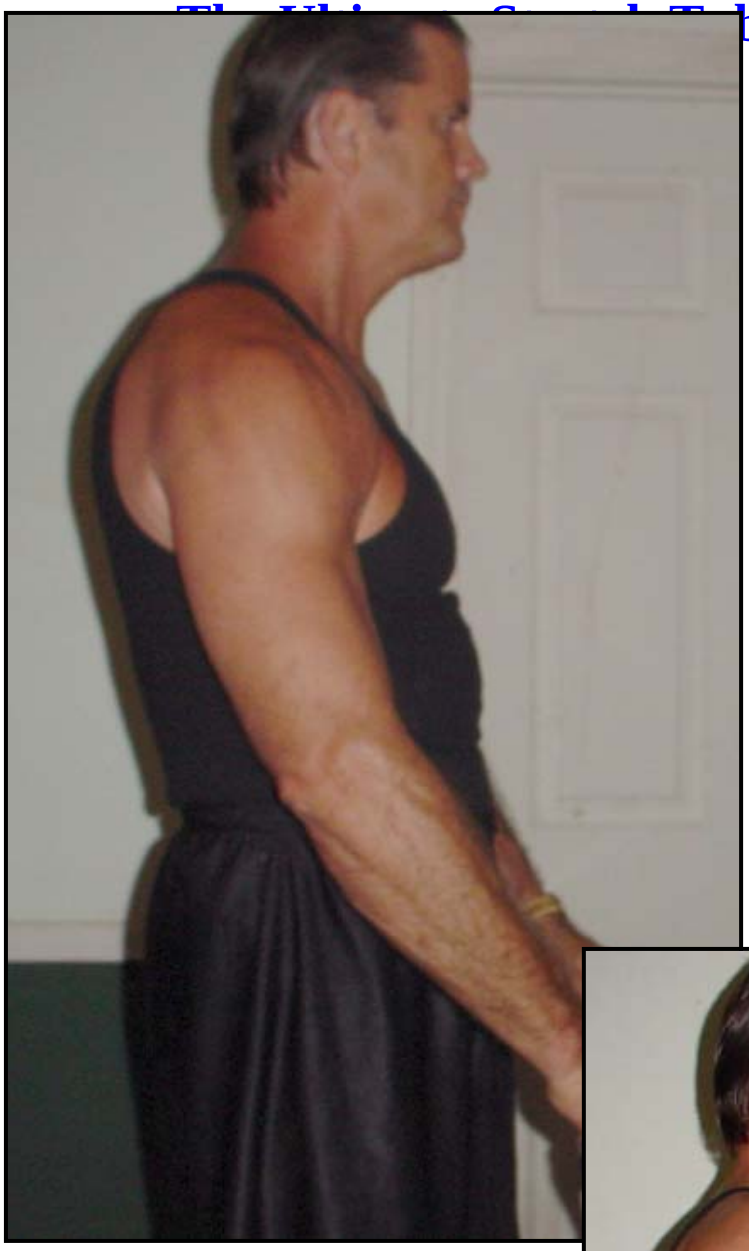
bing Exercise Manual



We are holding the tube directly in front of our body and lifting both arms together to about shoulder height.

Copyright 2004

Here we have both arms extended at shoulder height in front of the body and then we pull them directly apart to the sides

Exercise Manual

We start this exercise with the tube behind our body and arms at shoulder height, then we pull the arms forward directly in front of the body.

Copyright 2004

Here we have both arms shoulder height to the sides of the body and we simply push up until the arms are extended directly over our head.

Copyright 2004

Here we have both we have arm in front of the body with the tube to the side. We then extend the arm across our body and out directly to the side.

Copyright 2004

Th e Manual

Here we have both arms down in front of the body, we then pull each arm up and to the side, alternating arms for one set.

Here we have both arms extended down in front of the body and we are slightly bent over, then we pull back the arms and directly to the sides.

Manual

Here we have both arms extended in front of the body and we pull both arms out to the side until they are at shoulder height.

Copyright 2004

Here we the arm extended down and in front of the body, then we pull the arm up and to the side,.

Exercise Manual

Here we have both arms extended down in front of the body and we lift both arms together up directly in front of the body.

Copyright 2004

xercise Manual

Here we have both arms extended high above the body and then we pull both arms down and to the sides .

Copyright 2004

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Here we have both arms extended at shoulder height in front of the body and the we pull the arms down and to the sides, keeping the wrist back ward to the body.

Copyright 2004

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Here we have one arm extended in front of the body and one arm pulled back to the side of the body, we then separate the arms pulling one up and one back.

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This is a variation of the previous move, but now both arms are down in front of the body and then we separate the arms one going up and the other going back.

Copyright 2004

g Exercise Manual

Here we have both arms extended with the palms facing up and in front of the body, then we lift both arms up to shoulder height.

Copyright 2004

Here we have both arms extended with the palms up and in front of the body, then we pull the arms directly back to the sides.

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Here we have both arms extended down to the sides of the body and then we lift our shoulders up and roll the in small circles.

Copyright 2004

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Here we have both arms extended down together and we then lift the tube up across the body to shoulder height.

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Here we have both arms at shoulder height while we are sitting and then we alternate arms extending them directly over head. .

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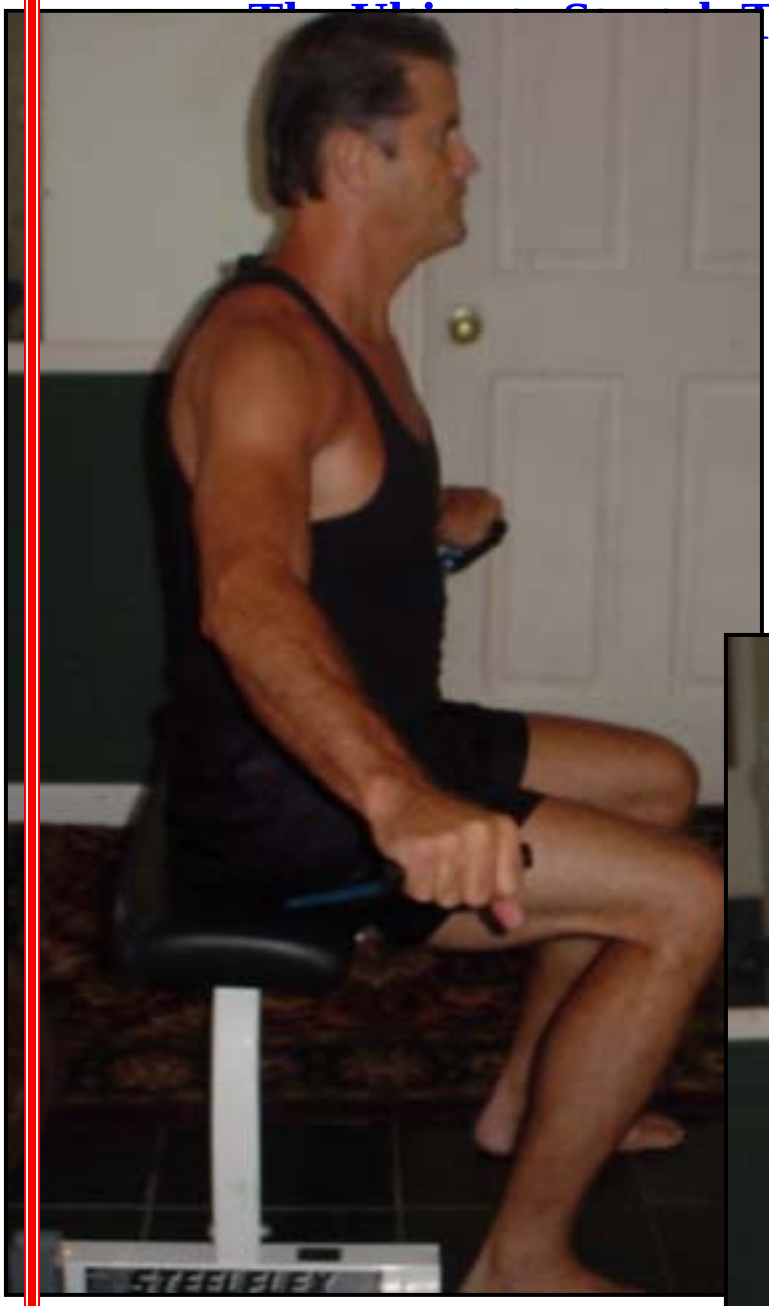
Tubing Exercise Manual



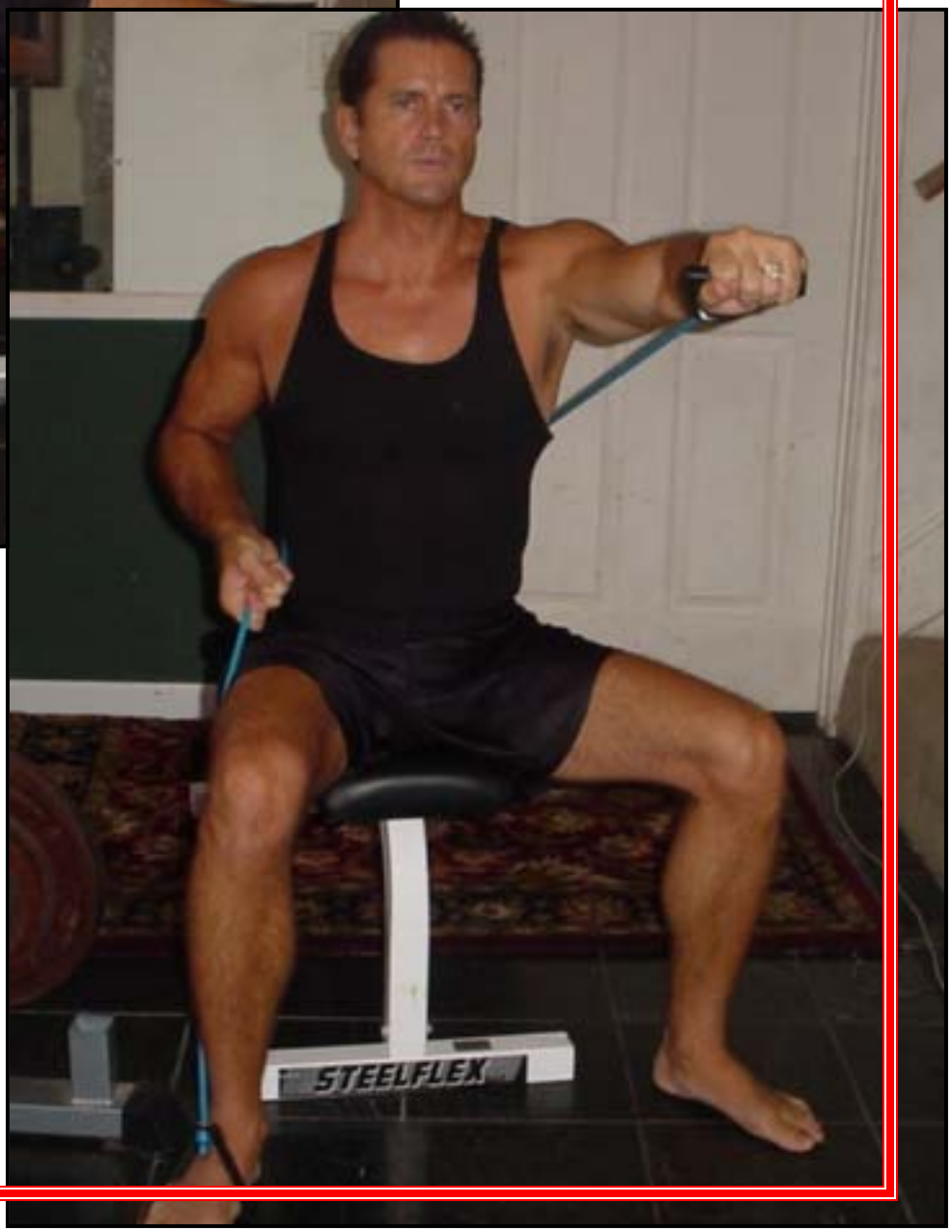
Here we sitting with both arms extended to the sides, then we lift both arms out and directly up .

Copyright 2004

Here we are sitting and we extended one arm up and to the side and one arm back.

rcise Manual

Here we have one arm at shoulder height and we simply extend the arm out to the front of the body.



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Here we start with the arm extended to the side at shoulder height and the swing it across the body to the front.

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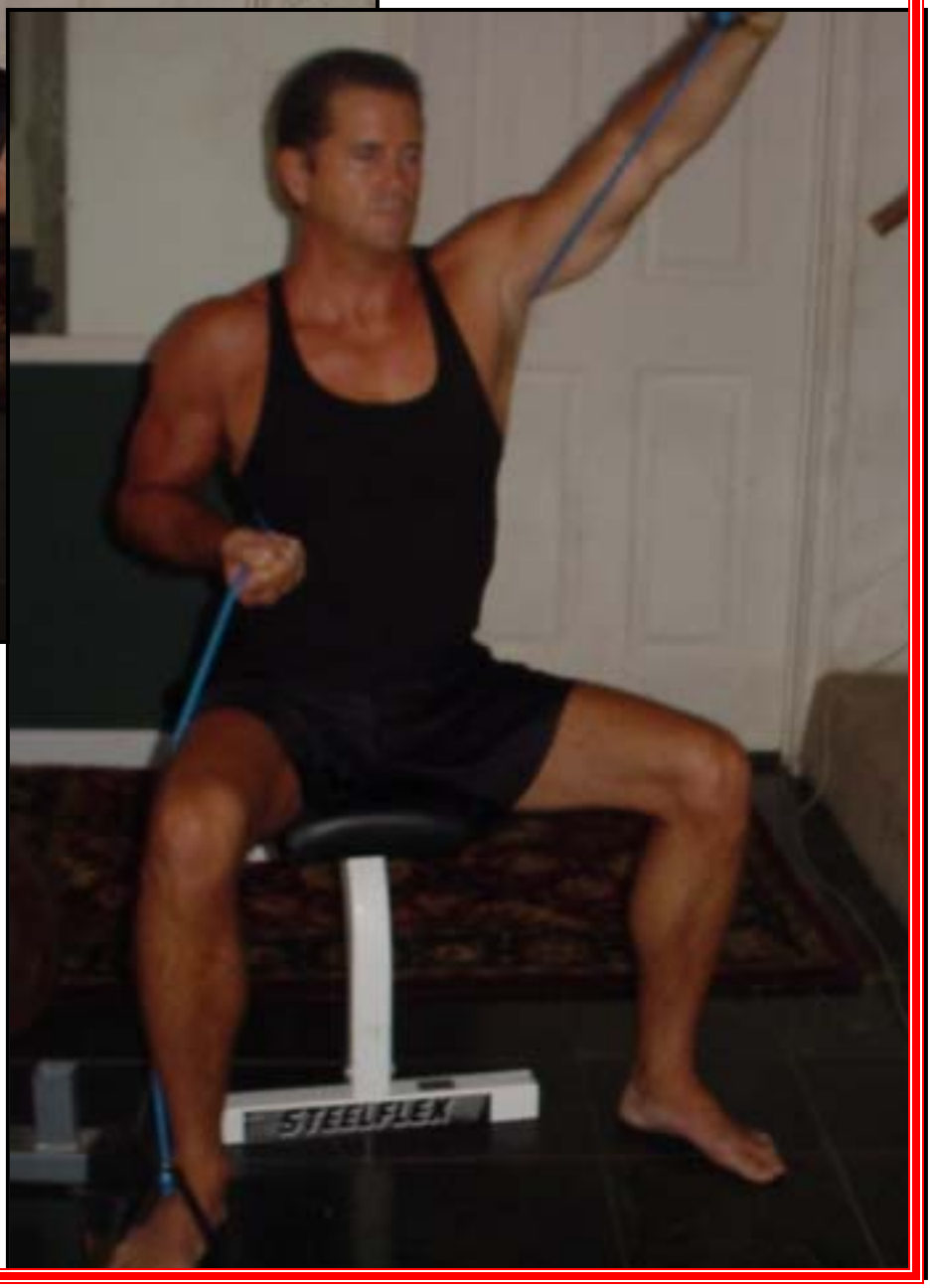
Here we have one arm up at shoulder height with the palm facing down, then we extend it up and directly away from the body.



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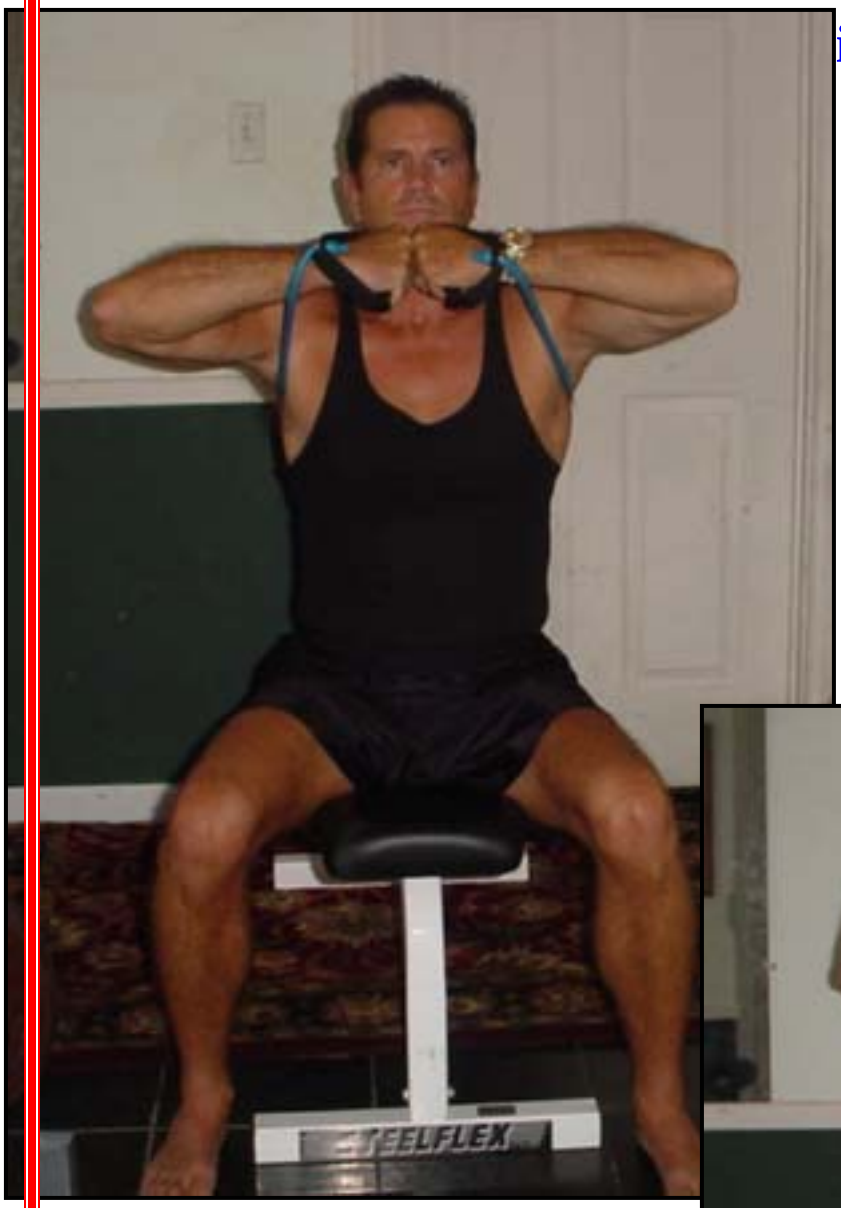
Here we have both arms at shoulder height with the palms facing down, then we extend the arms directly up in front of the body..

ing Exercise Manual



This is a variation of the previous exercise with both arms starting at shoulder heights then extending out in front of the body.

Copyright 2004

h Tubing Exercise Manual

Here we are holding the tube with one arm behind our back and one arm extended overhead, we work the shoulder by pulling down on the arm holding the tube.

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Here we have both arms extended down to the side of the body with the palms facing out, then we pulls the arms up directly in front of the body.

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Here we have one arm out to the side and one arm holding tight to the waist. Then we pull the arm up and in front of the body. Notice how I have crossed the tube around my body to hold it secure for the exercise.

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Here we one arm holding the tube at waist height and one arm at shoulder height. We extend the arm up directly overhead. Notice how I have crossed the tube around my body to hold it secure for the exercise.

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Here we are holding the tube behind our back and we are extending the arm up in front of our body.

Notice how I have crossed the tube around my body to hold it secure for the exercise.

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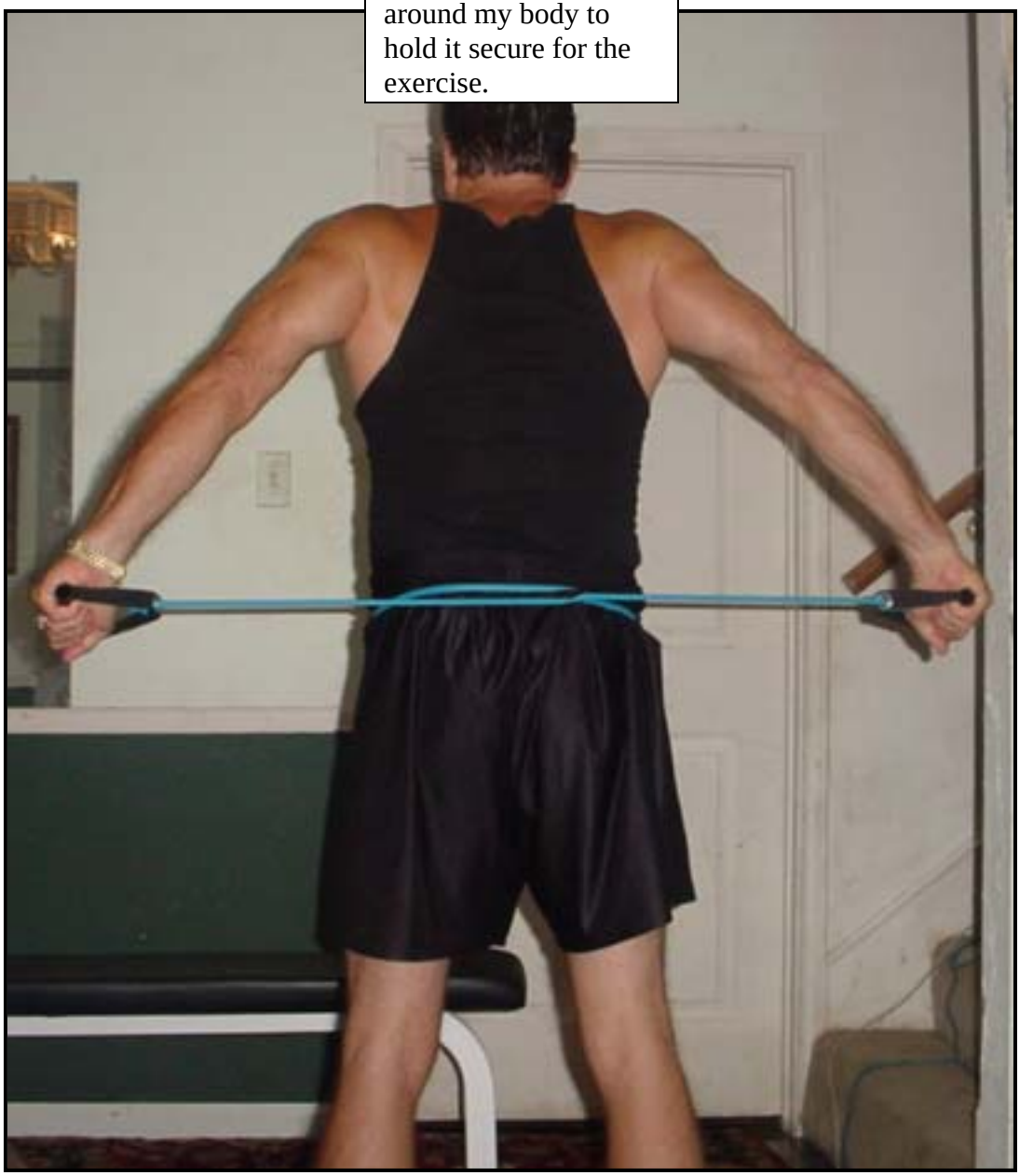
Here we one arm holding the tube behind the back and we extend the arm back and directly away from the body..

Notice how I have crossed the tube around my body to hold it secure for the exercise.

Copyright 2004

Here is the same exercise done with both arms. We extend the arm sback and directly away from the body..

Notice how I have crossed the tube around my body to hold it secure for the exercise.



Tubing Exercise Manual

Here we hold the tube down in front of the body slightly leaning forward then we shrug or pull the shoulders up and back.

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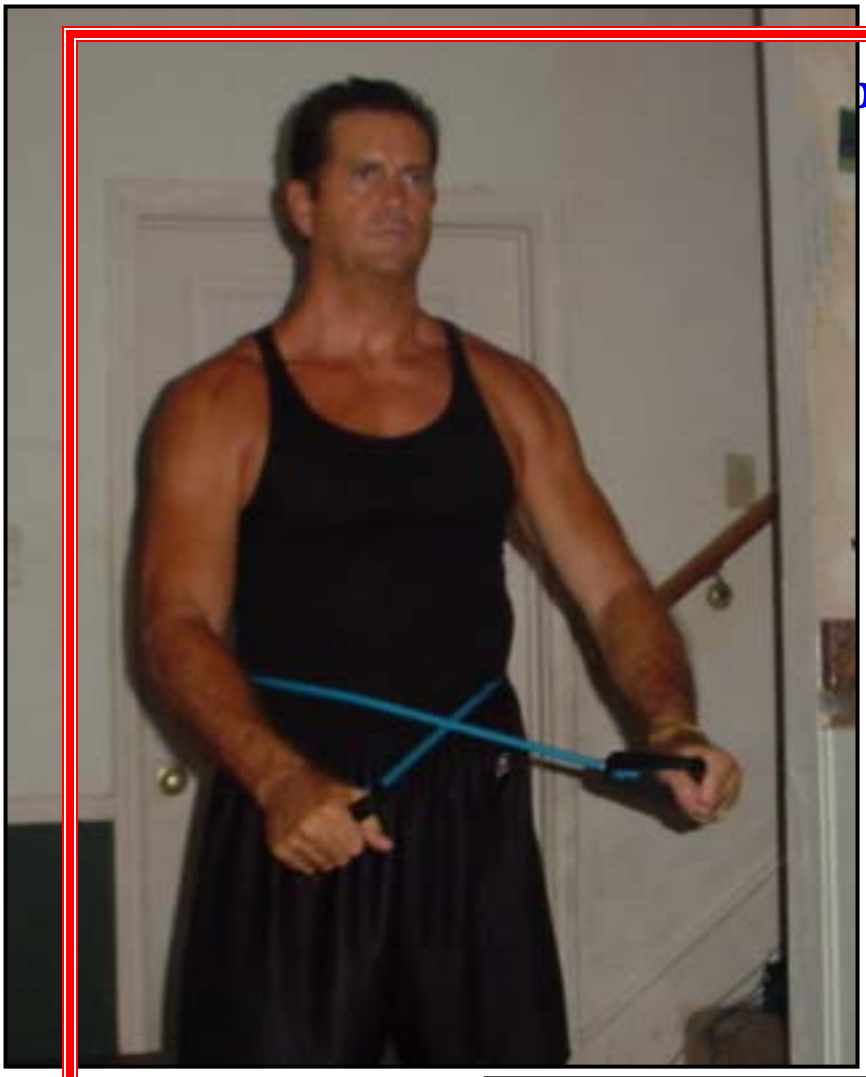
This is a combination exercise where we start wit the arm down in front of the body and then we lift up half way and then up all the way extending the arm up and to the side.



Here we have crossed the tube in front of the body and we pull one arm up and to the side and one arm down to the side. Alternating arms.

ubing Exercise Manual

In this exercise we have the arm extended in front of the body, palm facing up and then we lift directly up in front of the body to a little higher than shoulder height. .

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In this exercise we are bent down to work the legs and the arms, as we lift the tube up in front of the body.

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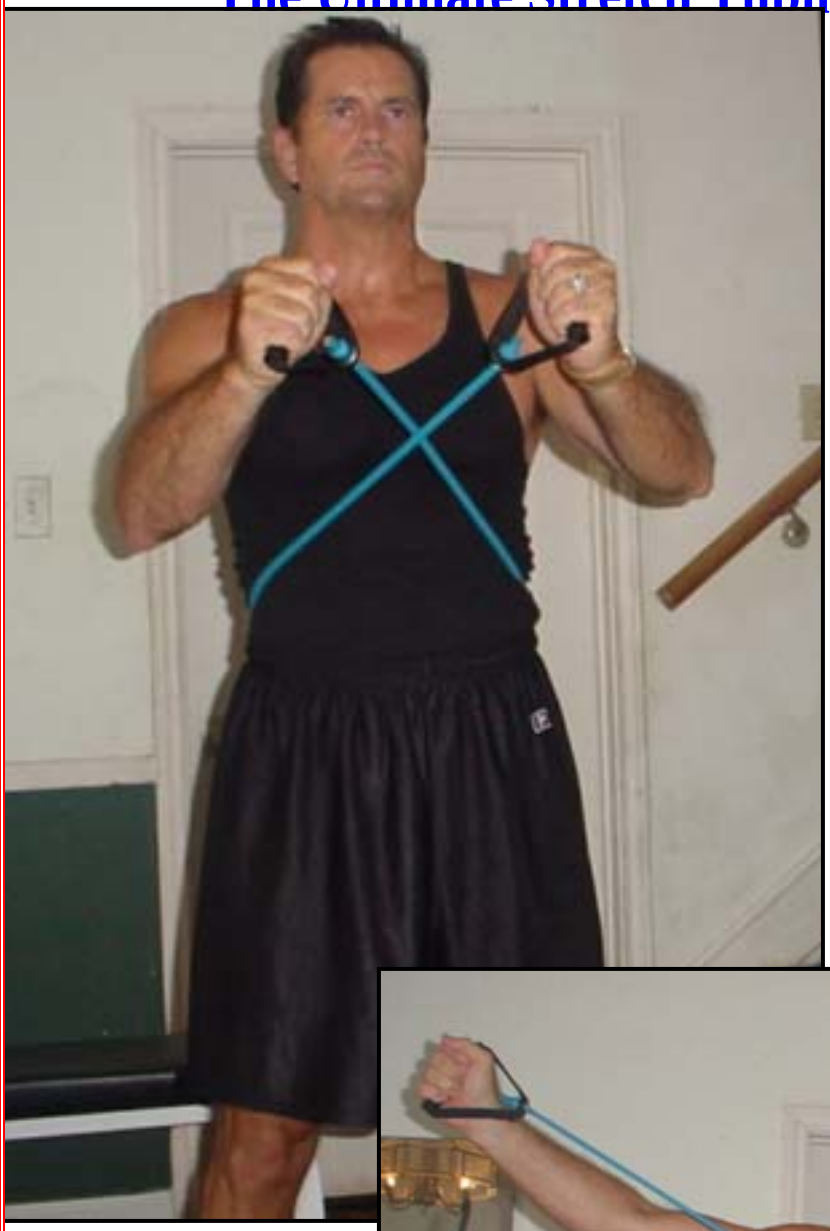

Here we have crossed the tube in front of the body and then we pull the arms out directly to the sides.

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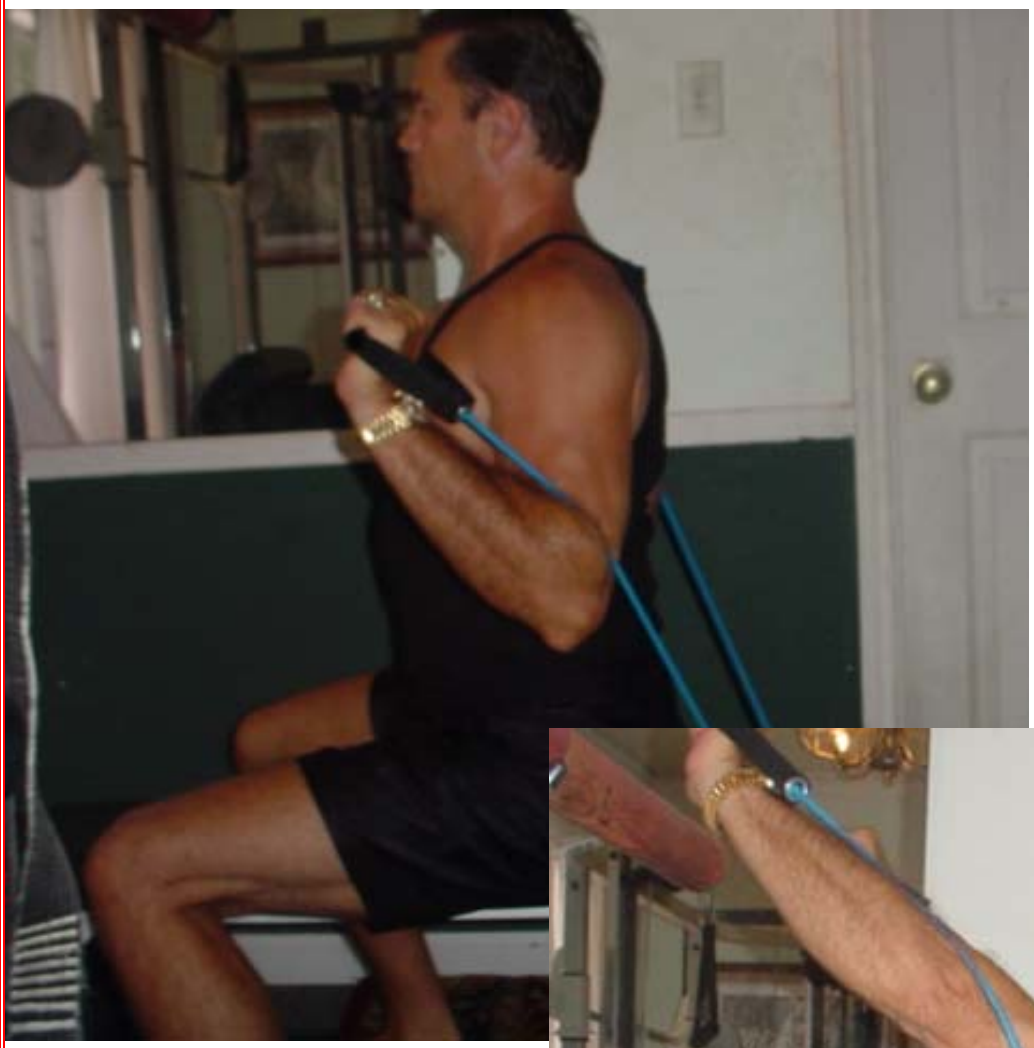

Here we are sitting with the arms at shoulder height and we extend the arms not directly up, but at a 45 degree angle out in front of the body.

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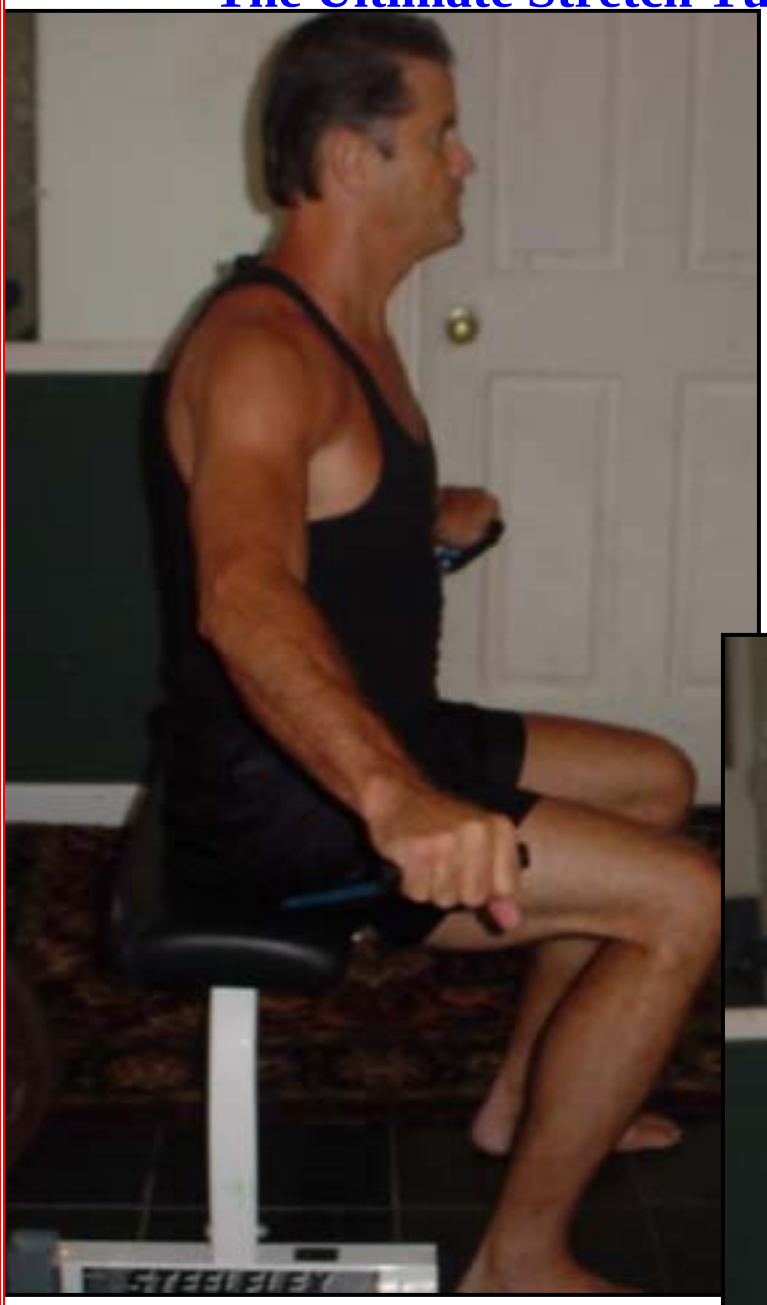
The Ultimate Stretch Tubing Exercise Manual



Here we are sitting with the arms already out to the sides and then we extend the arms up all the way up and to the side.

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This is a variation with one arm going up and one arm going back. .

Here we are holding the tube over our shoulder with the working arm at chest height. We then fully extend the arm out to the side.

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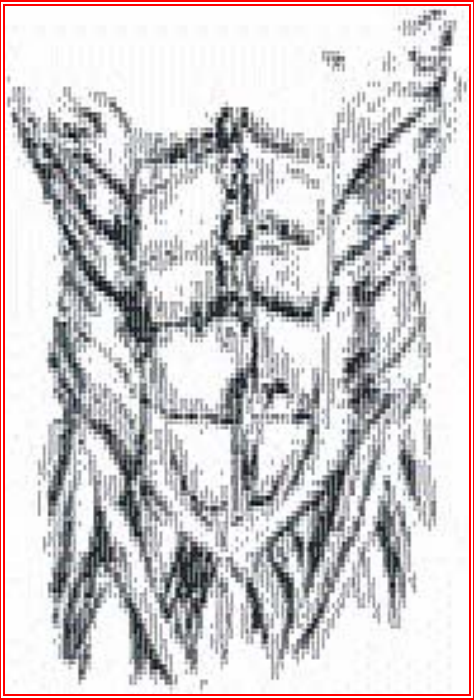
Here we have the tube wrapped around our body and the arm up and extended in front of the body, then we pull the arm down across out body.

Copyright 2004

Here are lying down with the leg holding the tube and the arms up, then we pull the arms back across the body fully to the sides.

Abdominal Exercises



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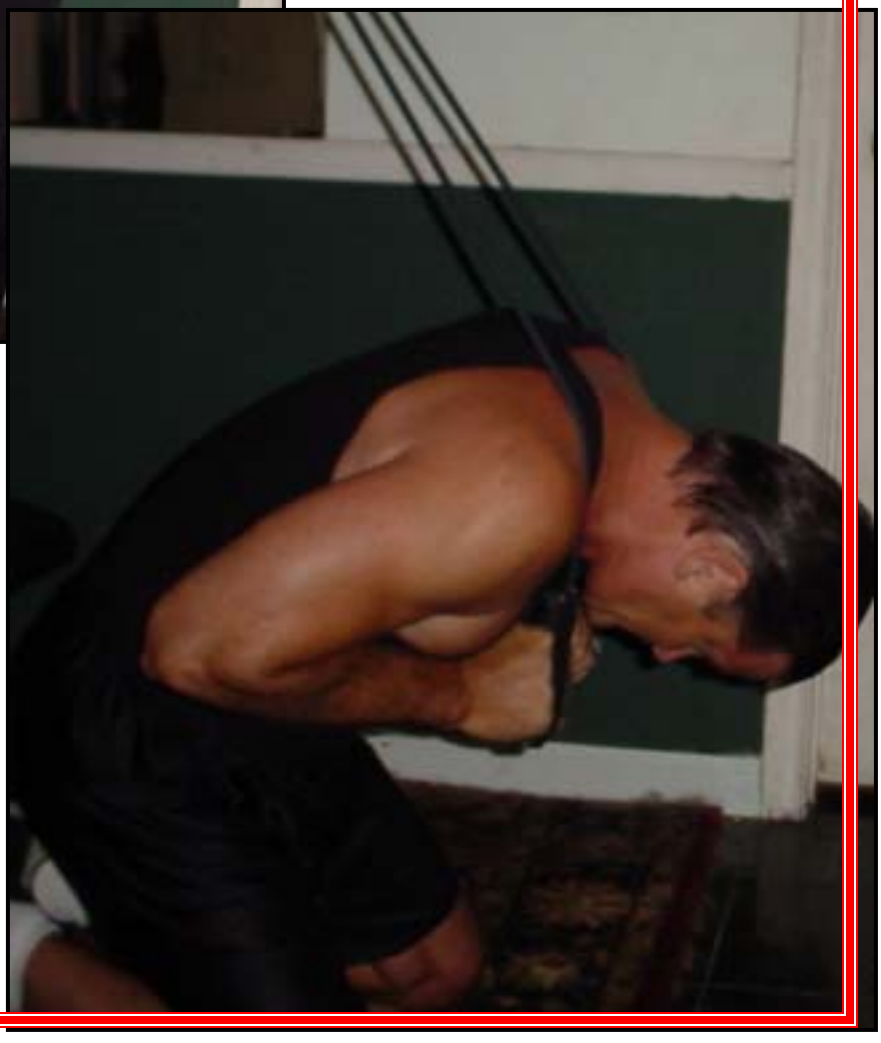
Here are on our knees, holding the tube at shoulder height with the arms in front of the body, then we lean over to work the abs.



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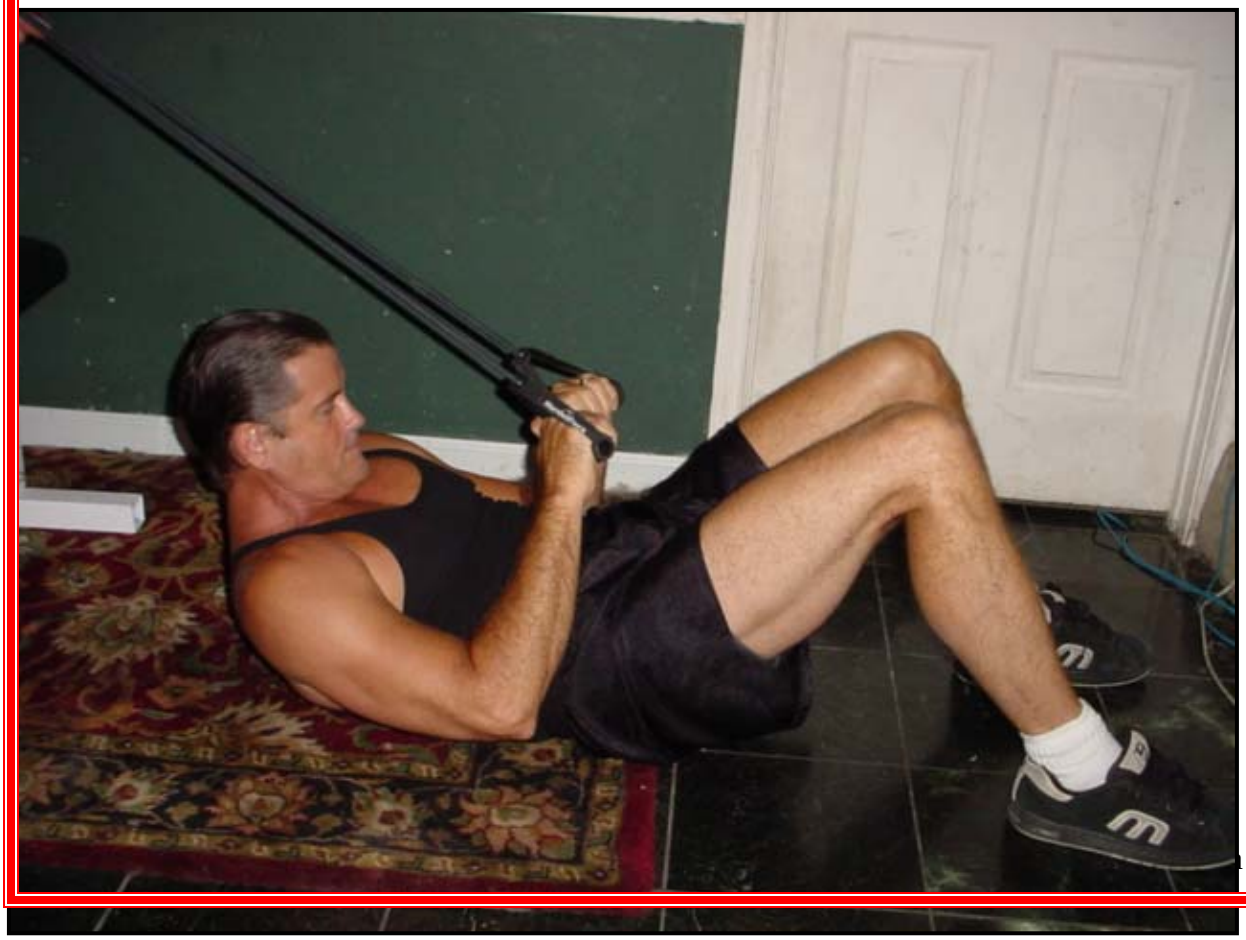
In this exercise we are working the oblique by holding the tube with one arm and then leaning forward and down and to the side.

Copyright 2004

Here hold the tube at face height and then we do our regular sits up, you can have legs bent or straight. This is a crunch, so we do not come all the way up.



Here we work the lower abs by holding the legs up wit the tube and then extending them down to the ground.

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Here we are sitting with the tube held by our arms at bench height, then we simply lean back and then back up for the sit up.

Copyright 2004

Here we are sitting with the tube held by our arms and around the feet, the feet are extended in front of the body, then we do our sit ups.

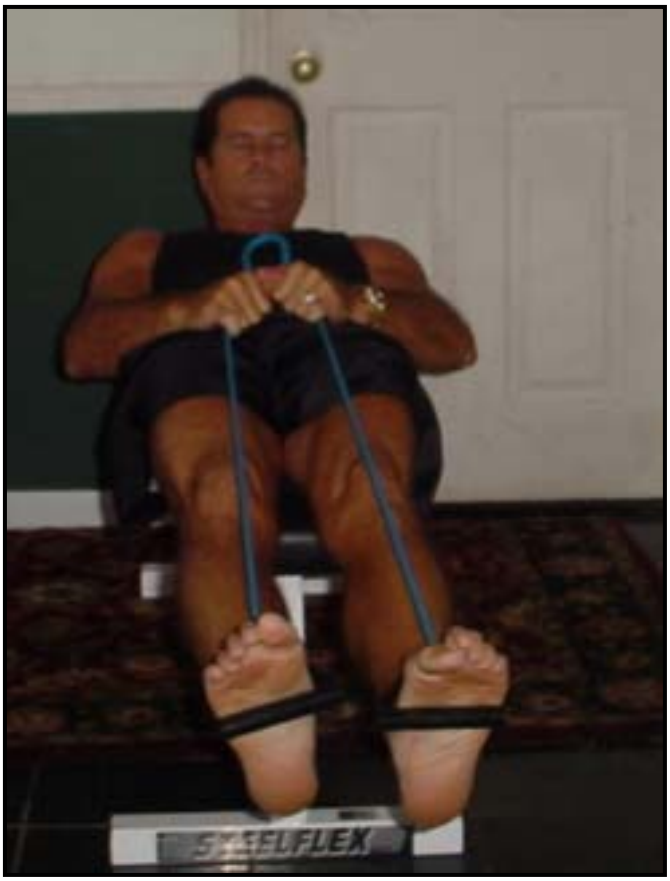
Here we are sitting with the tube held by our arms around the neck, while we are bent forward, then we sit up.

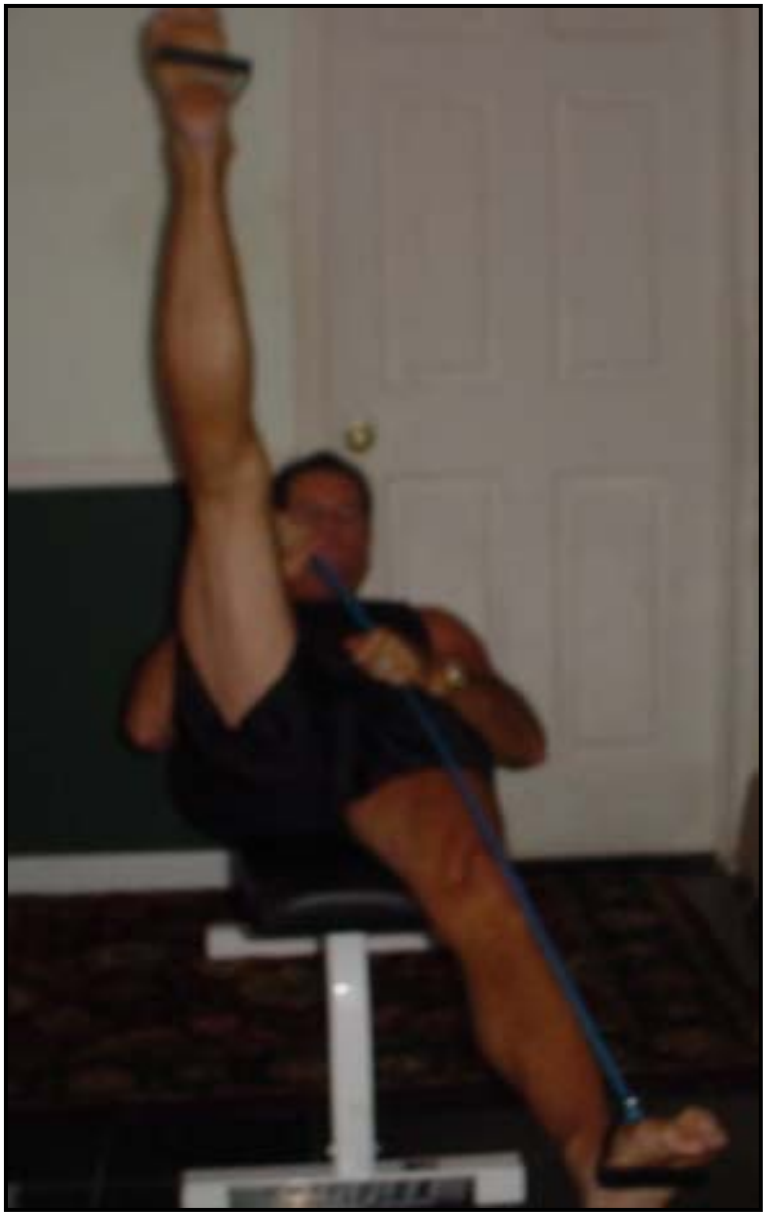
Copyright 2004

Here we work the lower abs by holding the tube with our feet, keeping or legs pulled in to the body, then extended out for the move. .

Copyright 2004

This a leg lift using the tube held by our feet. Simply lift the legs up and then down. .





This is a variation of the leg lift were we alternate legs, first lifting one then the other.
.

Here we start with the legs out fully extended to the side, then we being them together and over each other, alternating which leg goes on top with each movement. .

This is a sit up with the legs holding the tube and held against a wall for support, then we simply lean back and the up. .

This is a modified crunch were we start with the legs bent holding the tube and then extend them down to the ground. .

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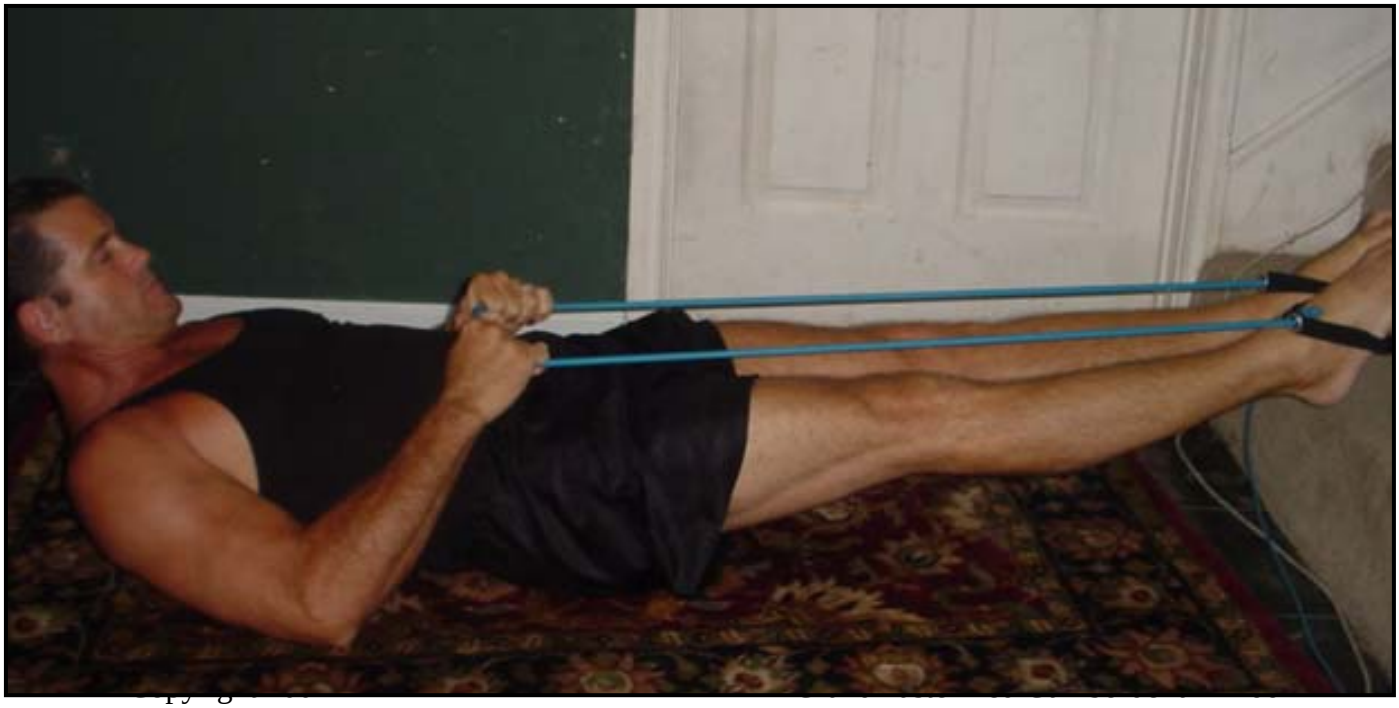
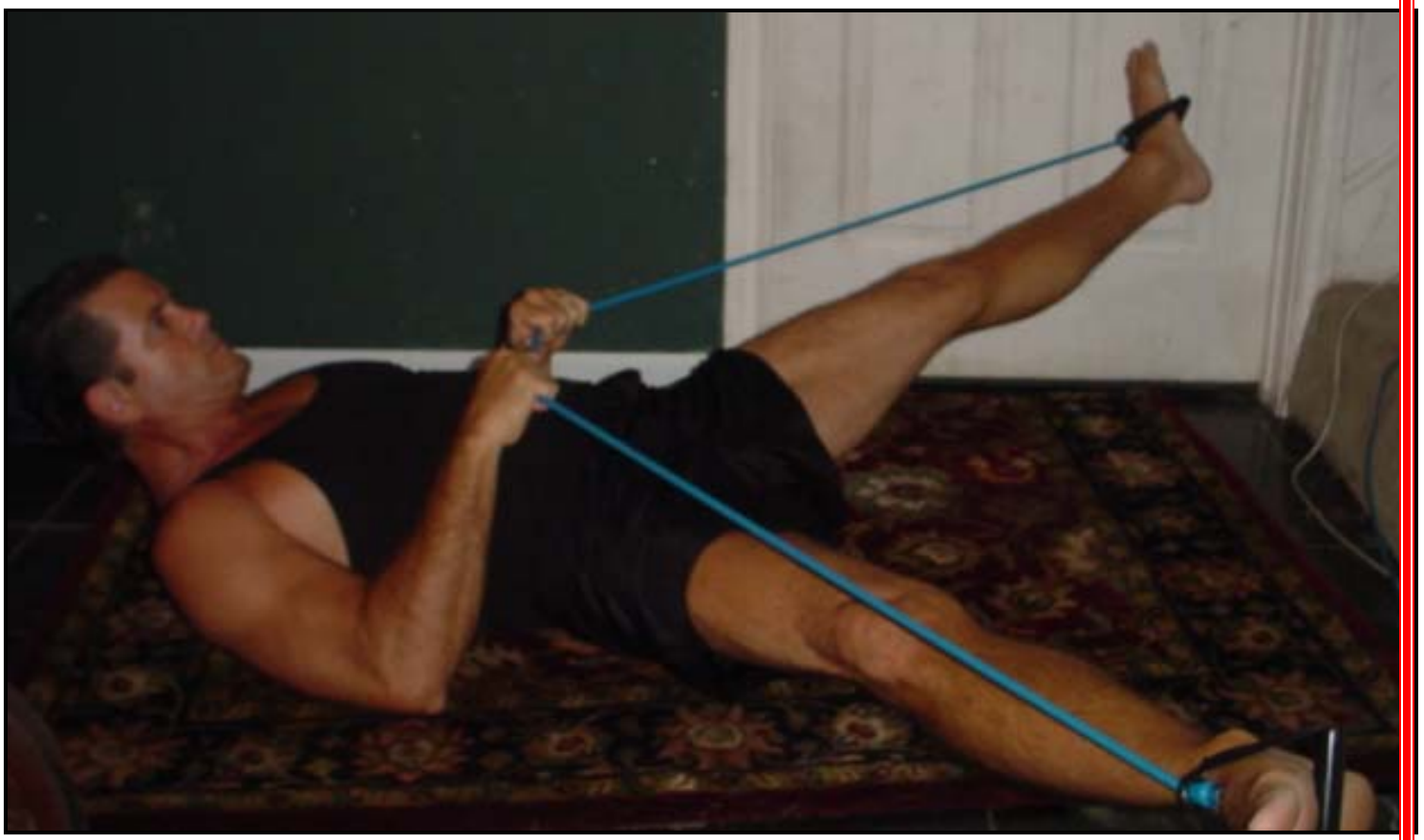
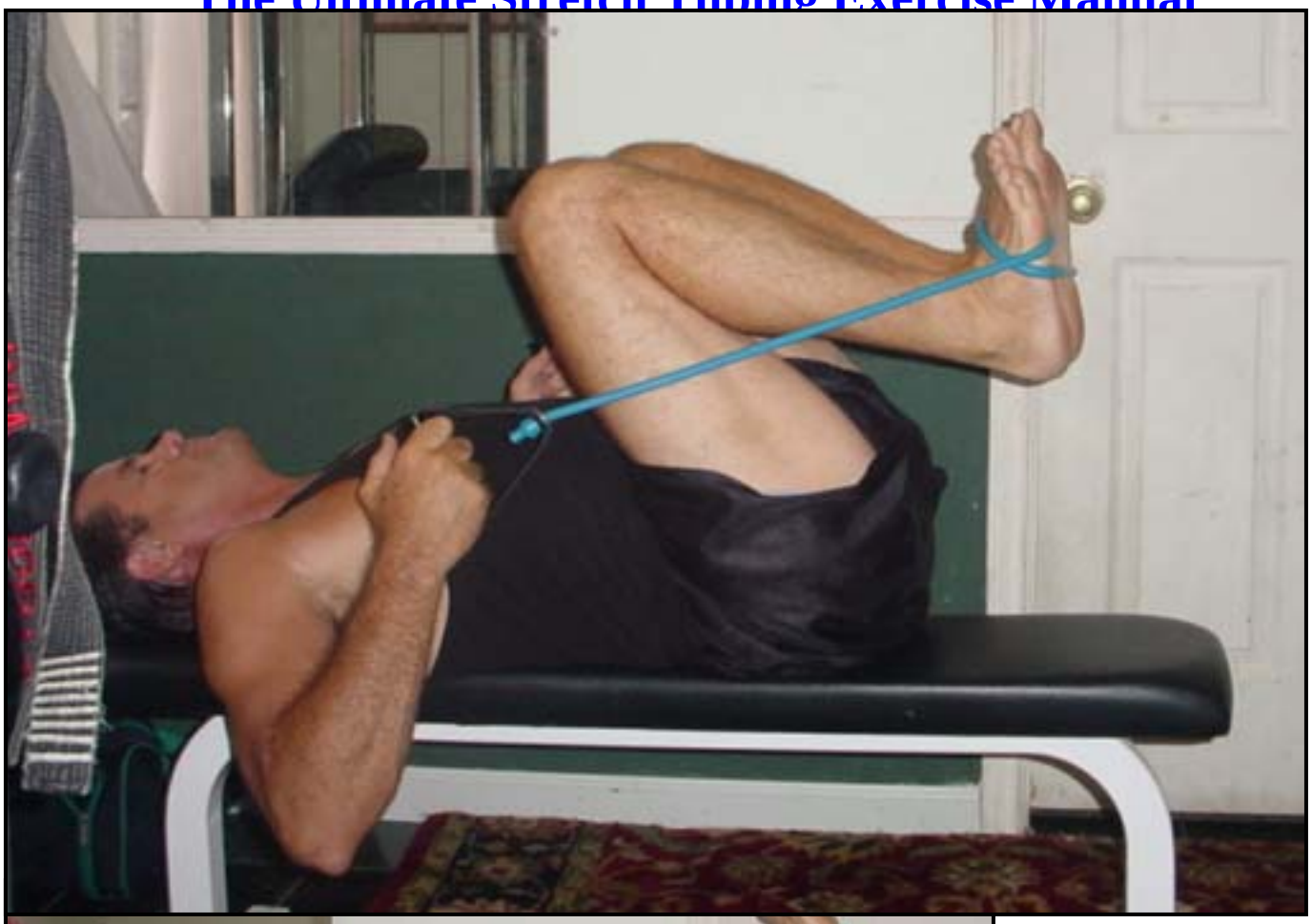
This is a leg lift starting with the legs directly up in front of the body then letting the fall down to the front, but not letting them touch the ground before coming back up. .



Here we are doing a leg scissor with one leg up and then we bring it down to the front.

This is a variation of the scissor were both legs are out and then come together in front of the body.





Here we start with the legs bent holding the tube, and then we extend them up and out. .

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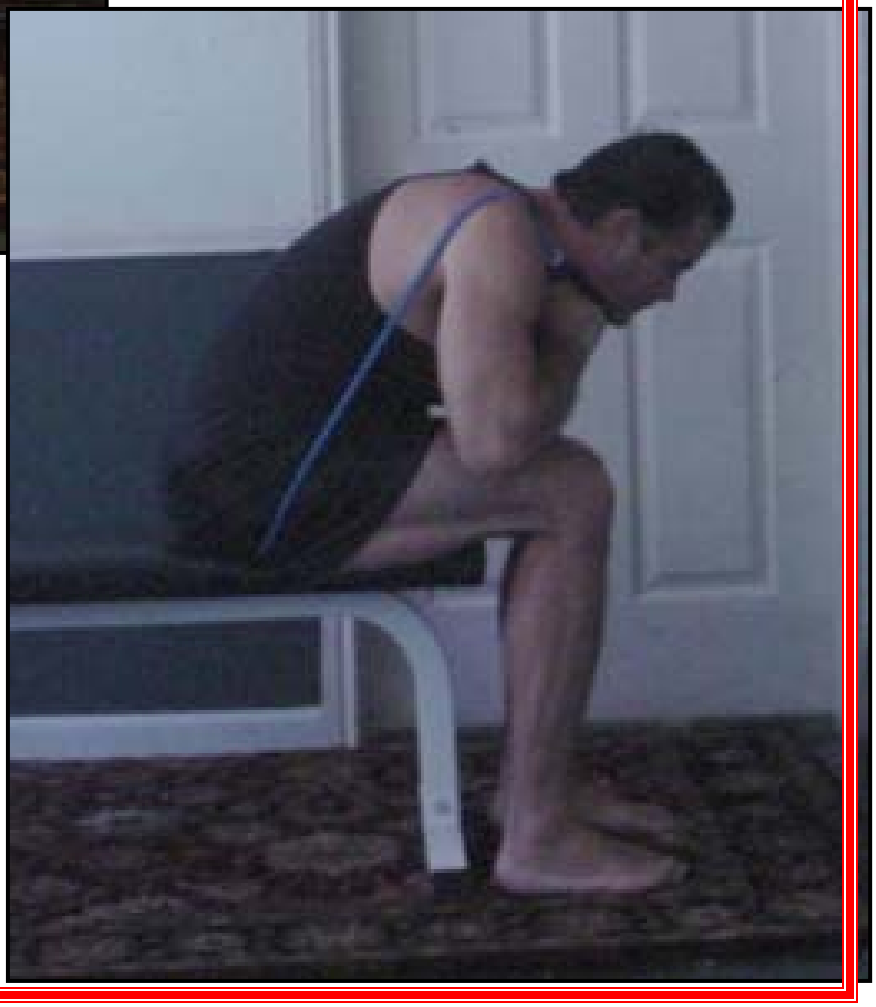
This is a sit down, we hold the tube up across our shoulders by sitting one it, then we simply lean down and forward to do the move.



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This is a sit back, we hold the tube to our chin, while leaning down, then the we pull our body up straight. .

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This moves work the love handles. We hold the tube with our feet and alternate leaning down and to the side. .

This is a sit up done with the tube wrapped around the back of the bench.

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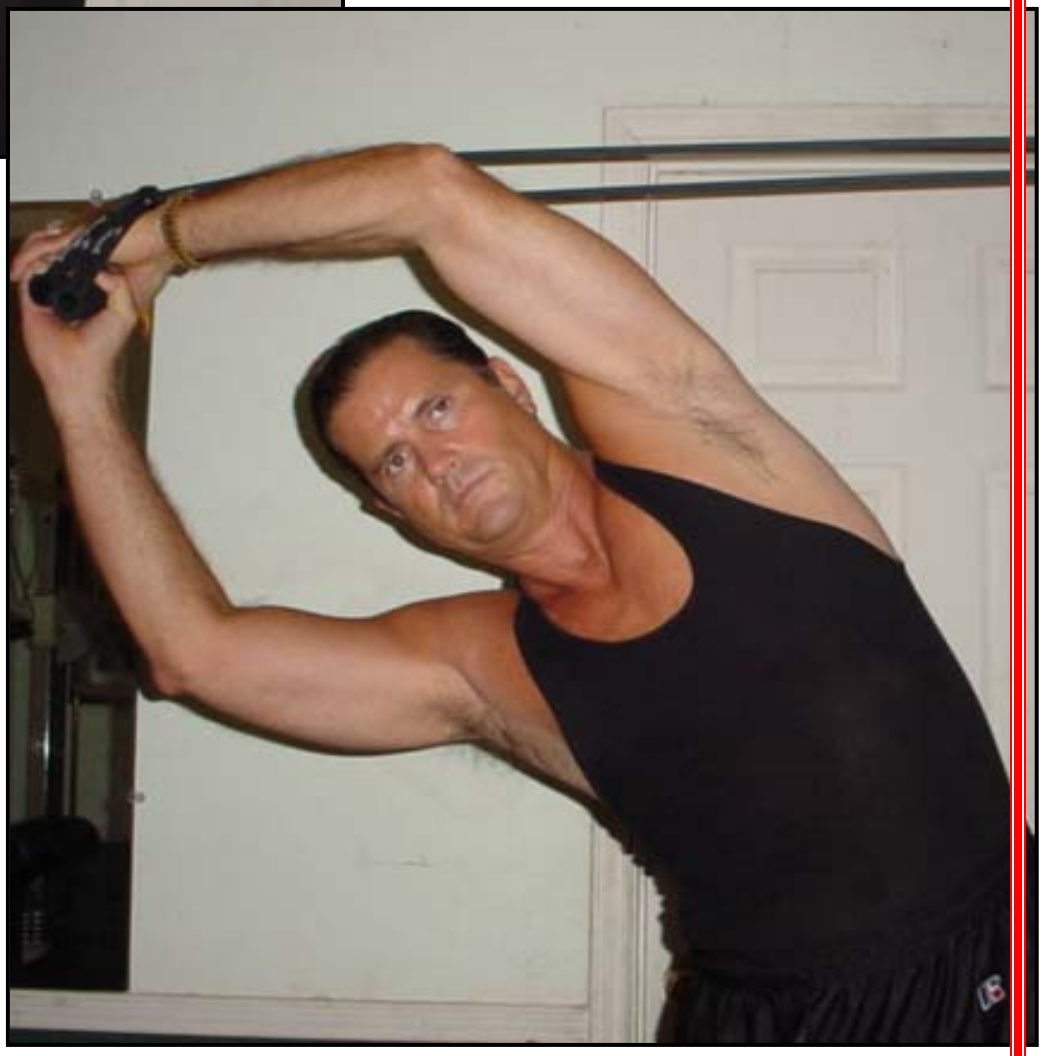
This move will work our love handles. Holding the tube high over head with both hand we lean to the sides, alternating sides. .



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Here we hold the tube up and across the body and then twist the body directly around to work the sides and lower abs.

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This is a variation where we pull up on the tube while twisting to the side. .

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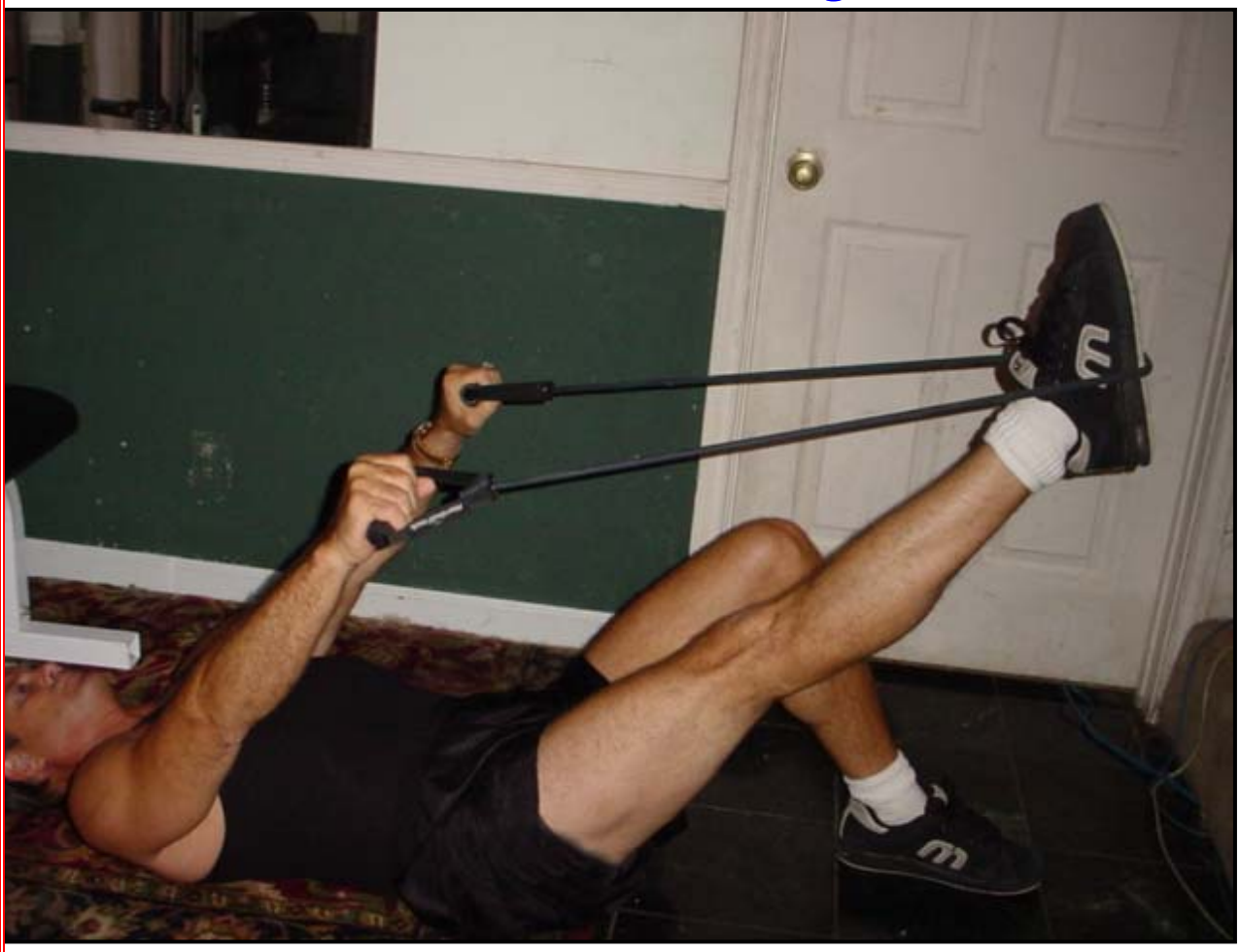

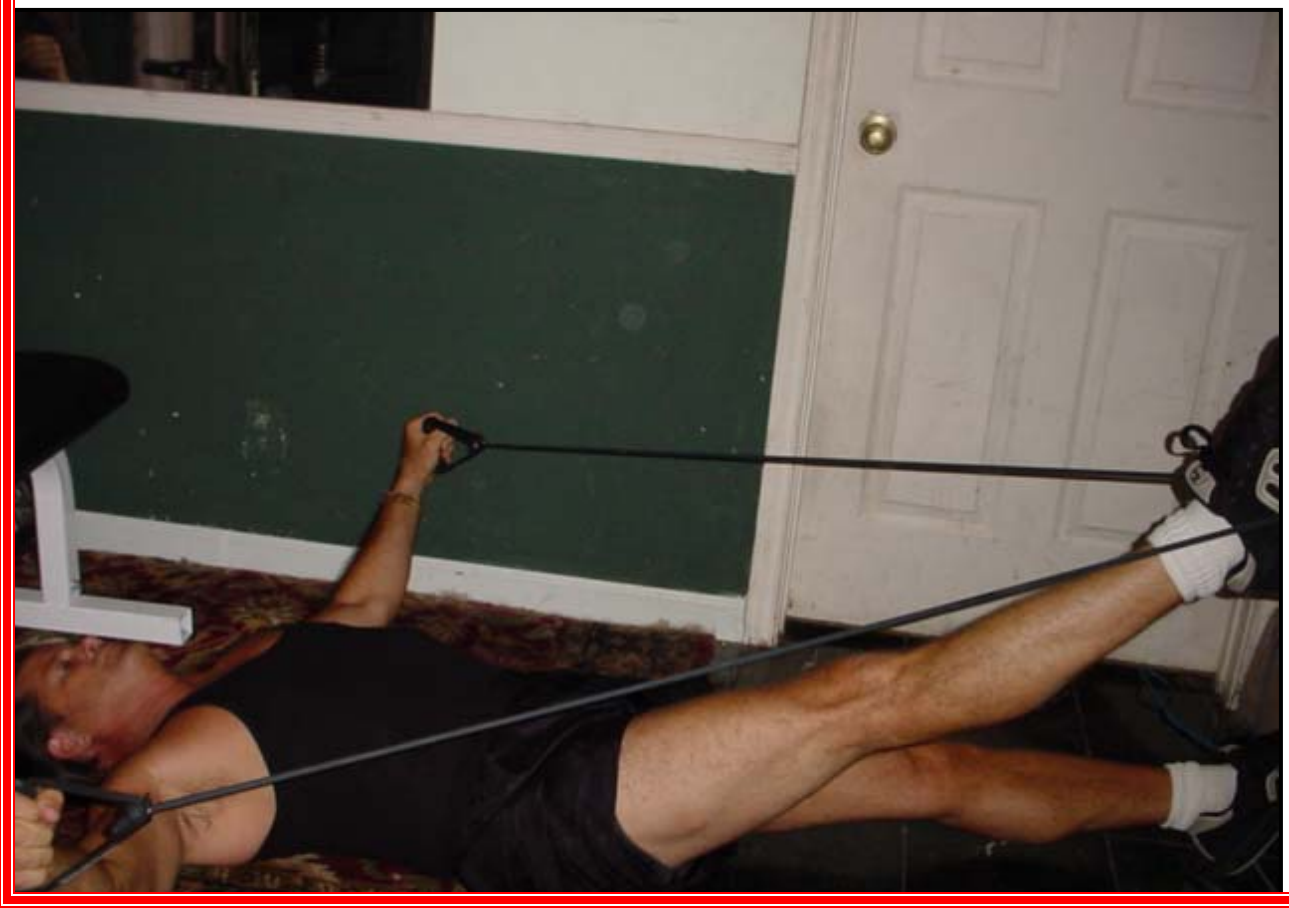

Here we are holding the tube with the leg and then we pull back on the arms and down on the leg.

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Here bend the legs holding the tube and then extend the legs up and out..

Arm Exercises

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Here we work the triceps by starting the tube held high in front of the body, the extending the arms down to the side, notice the palms are facing away from the body. .

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ing Exercise Manual

This is a more traditional triceps move. Here we work the triceps by starting the tube held high in front of the body, the extending the arms down to the side, notice the palms are facing towards the body.

Copyright 2004

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Here we work the triceps holding the arms directly out in front of the body then extending the arm back with the palm facing up.

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Here we do the same exercise while leaning over to all a fuller extension to the back.

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Here we work the biceps by holding the arms out and down to the sides, then pulling up with both arms until the hands are at chest level.

Copyright 2004

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Here we work bicep by holding the tube down across the body then pulling arm up directly in front of the body.

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Exercise Manual

Here we work biceps by holding the arm down across the body and then pulling it up across the body to chest height.

Copyright 2004

rcise Manual

Here we work the biceps by holding the arm out in front of the body and then extending them up in to face height.

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Here we work the triceps holding the tube behind our neck , the elbows bent, then we straighten the elbows up over our head.

Copyright 2004

Exercise Manual

Here we work the triceps by holding the tube behind our heads and leaning forward as we extend the arms out away from our body.

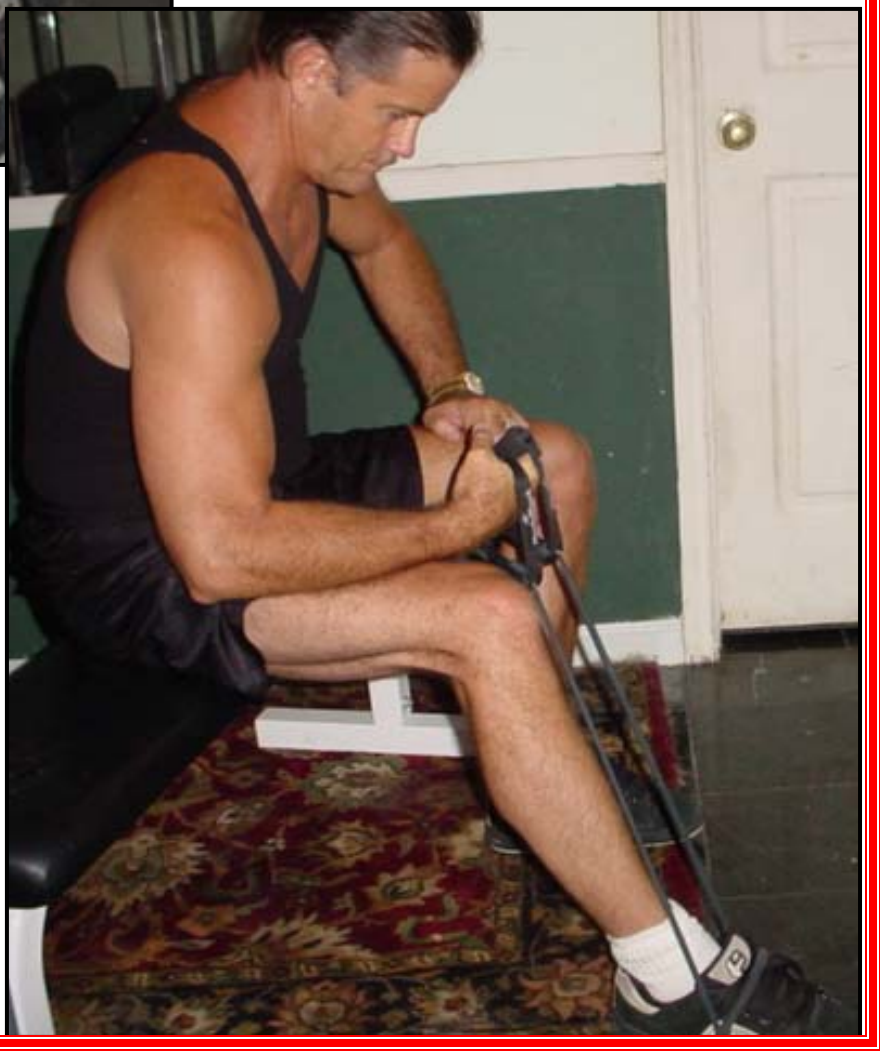
Copyright 2004

Here we work the biceps by sitting down and having the arm sit on top of our knee then pulling the arm up.

Here we work the biceps sitting down with the arm on top of our knee, then lifting up to the chest.

ping Exercise Manual

Here we work the wrist by holding the arm on top of our leg and then twisting the wrist holding the tube.
.



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Here we work the biceps by holding the arms down and then lifting up to the side, alternating the arms.

Copyright 2004

Exercise Manual

Here we work the biceps by holding the arms down and then lifting up to the side, both arms at once.

Copyright 2004

Tubing Exercise Manual

Here we work the triceps by holding the tube behind our head with the arms bent then lifting them straight up.

Copyright 2004

ing Exercise Manual

Here we work the triceps by holding one arm behind our head and then lifting up an across.

Copyright 2004

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This is a reverse biceps exercise where we hold the palm away from the body and extend the arm out. Notice how I have wrapped the tube around my body and hold the end with m y foot. .

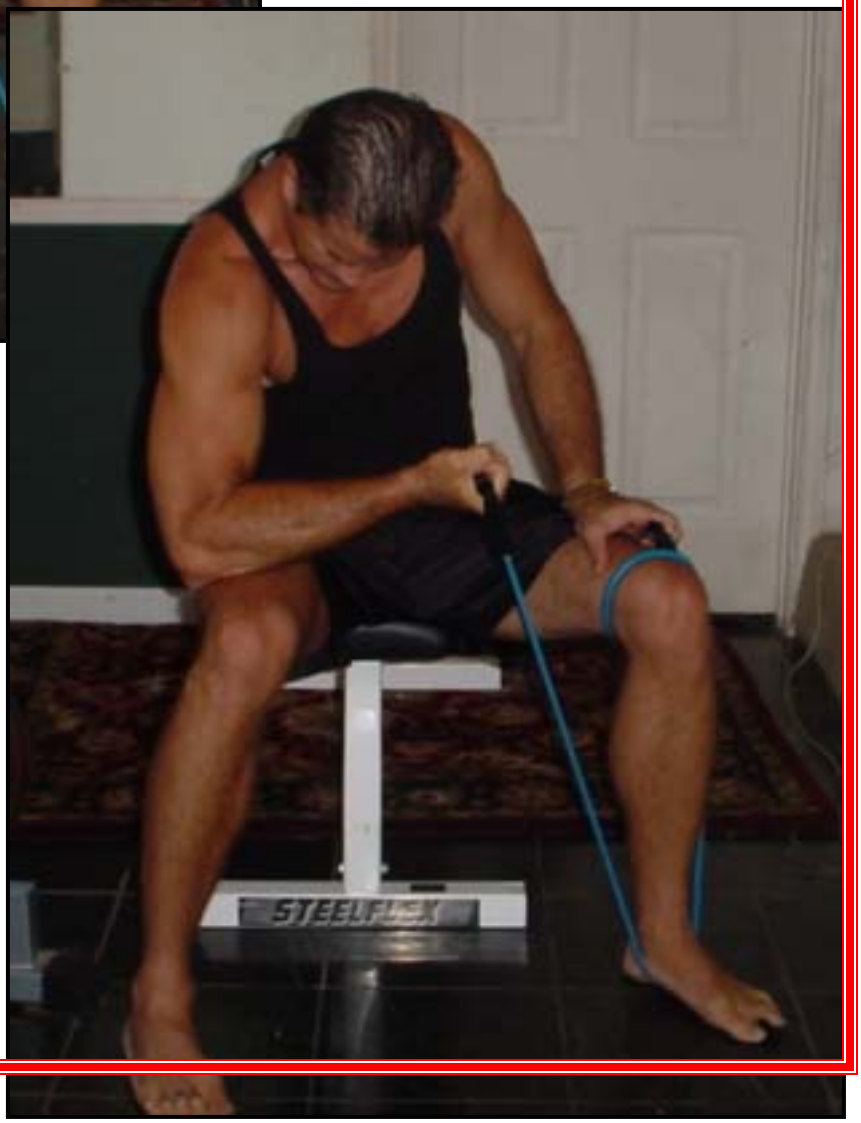
Copyright 2004

Here I show how to wrap the tube around my leg for exercising.

Copyright 2004

Exercise Manual

Here we work the biceps by wrapping the tube an leaning forward concentrating on the biceps as we do the curl.



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Here we work the biceps with the palm facing up as we curl. .

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Here we work the biceps doing the curl with the arms out to the side.

Copyright 2004

Here I show how to wrap the feet around the tube for exercising.

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Here we work the triceps with the arm held to the side and then extending backwards. .

Copyright 2004

etch

Here we work the triceps by wrapping the tube around the body and holding the arm out in front and then extending it. .

Here we work the tricep by wrapping the tube around the body and then holding the arm up to the chest and then extending it down in front of the body.

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Here we work the tricep by wrapping the tube around the body , extending the arm up across the body and then bringing it down in front of the body.

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Here we work the tricep by holding the tube behind our back and then extending the arm down. .

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Tubing Exercise Manual

Here we work the tricep holding the tube behind our back and then extending the arm up. .

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This exercise works the sides of the arm, and helps with your arm wrestling skills. Hold the tube under the arm and bend the arm down across the body.

Copyright 2004

Here do a standing double bicep curl.

Here we work the bicep, holding the arm out to the side then curling it up across the body. . .

Here we work biceps bending over holding the tube with both hand and then curling up. .

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Here we work biceps by doing a reverse curl, with the palms facing up.

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Here we work biceps by locking the arms to the sides and curling up.

Copyright 2004

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Here we work triceps by holding the tube behind the body and curling up .

Copyright 2004

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Here we work triceps holding the tube behind the body and pulling the arm out to the side.

Copyright 2004

Here we work biceps lying down on the bench and extending the leg to hold the tube and give more resistance as we do the curl.
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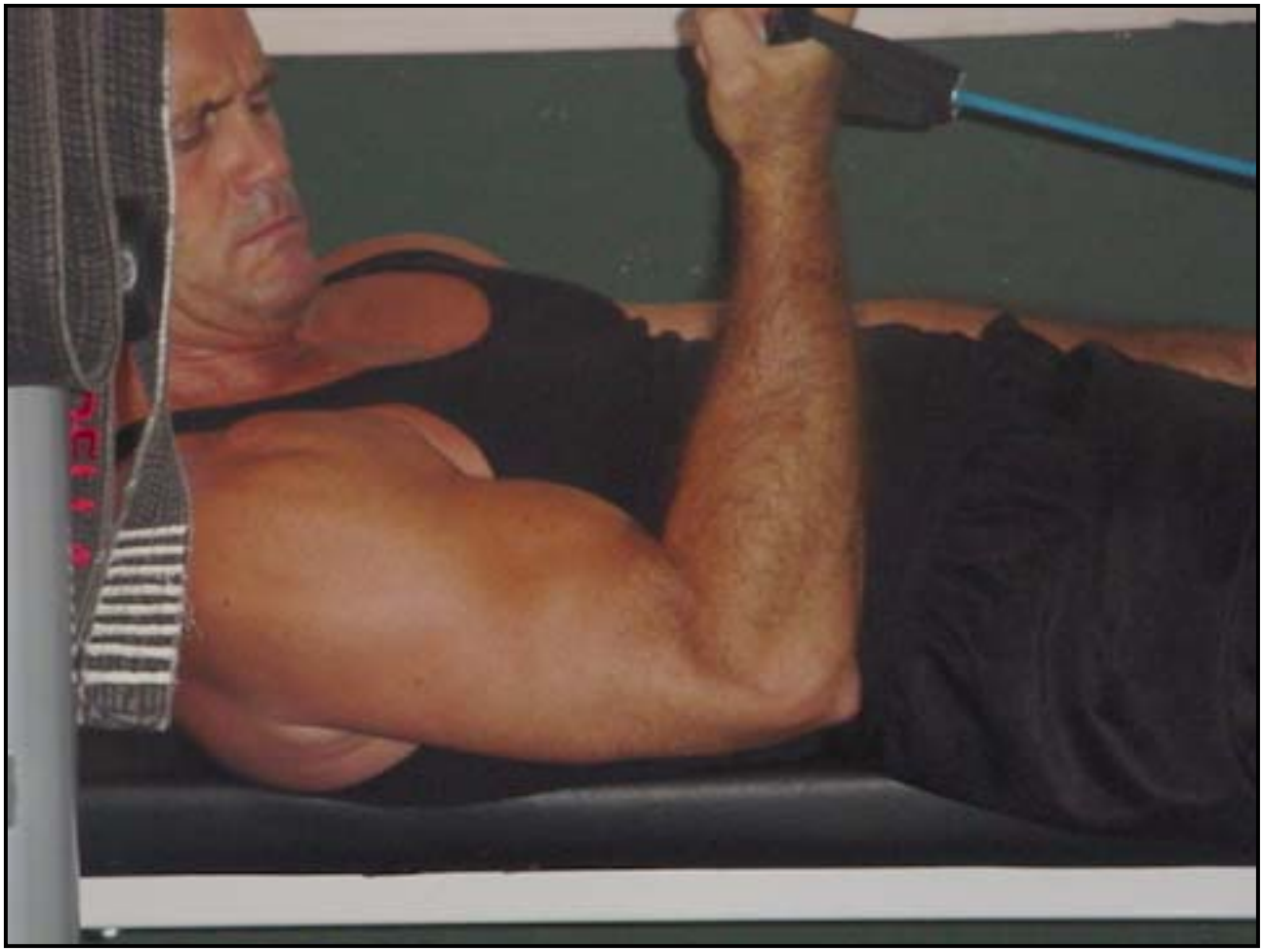

To get the most effect from the exercise really concentrate the mind of the muscle you are working. .

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Here we work biceps by doing a curl across the body.

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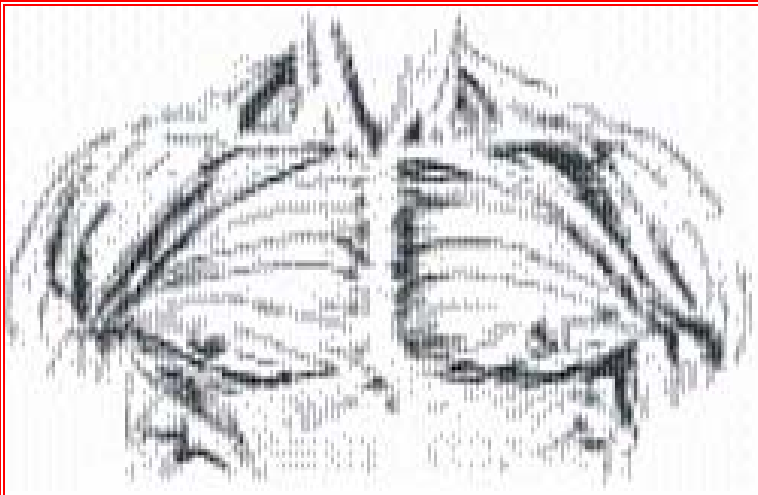
Chest Exercises



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One Arm Chest

This is a easy exercise to work the Chest. Simply twist the body forward while extending the arm directly at chest height.

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One Arm Incline Chest

Here we have the same starting position are the chest press, but this time we bring the arm forward and up directly in front of the body.

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Fly Chest

Here we start with the arm directly out to the side of the chest and bring the arm across the body and in front to work the lower chest.

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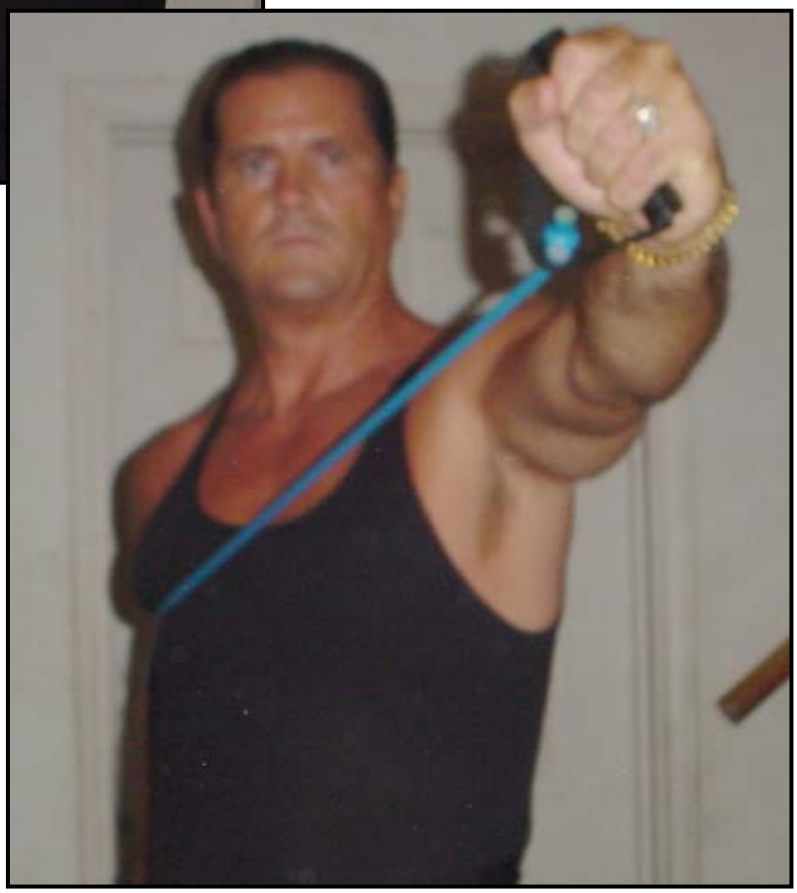
Reverse Fly

Here we start with the arm in font of our chest and turned sideways. We the pull the arm across out body



Copyright 2004

Here we work the lower chest by pulling the arm down and across the body.

Copyright 2004

Here we hold the tube directly in front of the body with the palms facing up, then we pull the arms back and to the sides.

Here we hold the tube from behind with the arms out to the sides, then we pull the arms across out body directly out front.

Here we hold the tube behind our body with the arms down to the sides, then we lift the arms up and to the front. .

g Exercise Manual

Here we hold the tube behind with the arms at shoulder height, then we push up out to the front of the body..

Copyright 2004

Here we hold the tube from the side with one arm under the other for support, then pull the tube across the body. .

Copyright 2004

rcise Manual

Here we hold the tube from the side across the body and then pull it directly out to the front.

Copyright 200

Here we hold the tube from the side across the body and then pull it directly out to the front.

xercise Manual

Here we wrap the tube around the body, holding one end with the foot, and the arm at shoulder height, then extend the arm out to the front.

Copyright 2004

Exercise Manual

Here we wrap the tube around the body, holding one end with the foot, and the arm extended to the side at shoulder height, then extend the arm out to the front.

Copyright 2004

ercise Manual

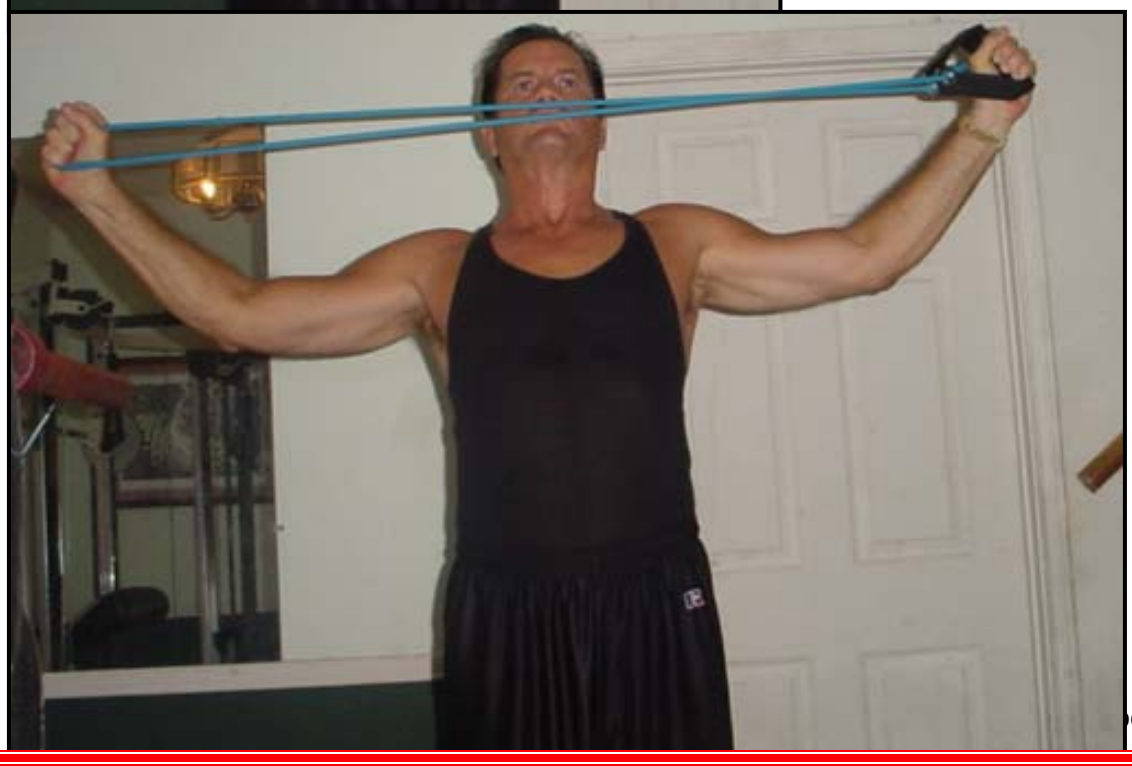
Here we wrap the tube around the body, holding one end with the foot, and the arm at shoulder height, then extend the arm out to the side and up..

Copyright 2004

Here we wrap the tube back of the bench, and extend the arms to the side, then pull them across the body to the front.

Copyright 2004

Here we hold the tube up over the head with the arms extended and then pull the arms down until they are at shoulder height.



ng Exercise Manual

Here we hold the tube at shoulder height and then pull the arms apart to the side.

Copyright 2004

Here we wrap the tube around the body, crossing it in front, then pull the arms directly apart.

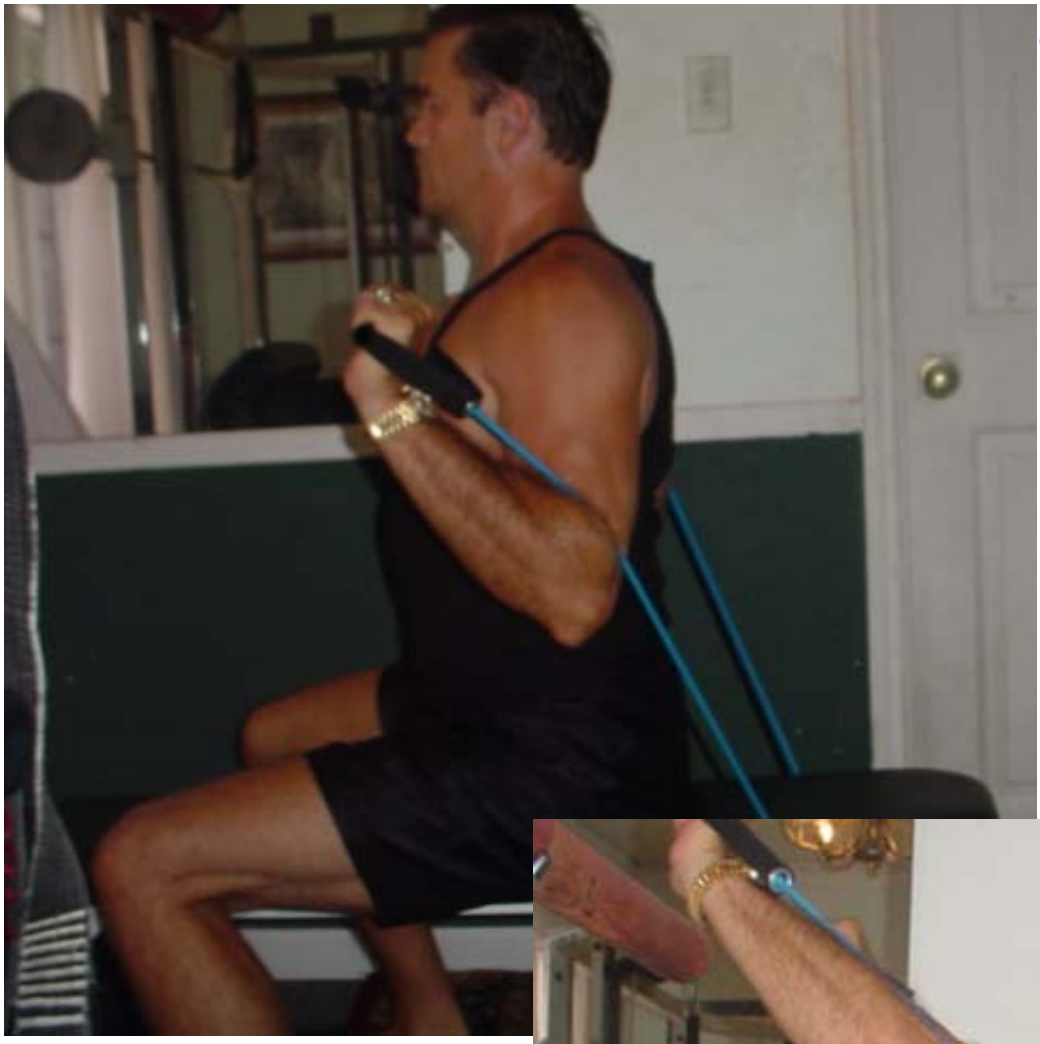
Copyright 2004

Here we wrap the tube under the bench and do a regular bench press.

Here we wrap the tube under the do a bench press forward and out to work the lower chest. .

Here we wrap the tube under the bench and do a regular bench press., but this time we cross the tube in front of our body.

Copyright 2004



Here we wrap the tube under the bench and do a regular incline press by holding the tube at our shoulders and then extending them up and forward..

Copyright 2004

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Here we hold the tube directly in front of the body and then pull the arms down and to the sides.

Copyright 2004

Leg Exercises

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we do a basic squat by holding the tube at shoulder height, locked under our feet, then we sit down and back up. Be sure to keep the back straight and the head up.

The Ultimate Stretch Tubing Exercise Manual

Here we work the legs by holding the tube up with the feet and then bring it down to the ground.

The Ultimate Stretch Tubing Exercise Manual

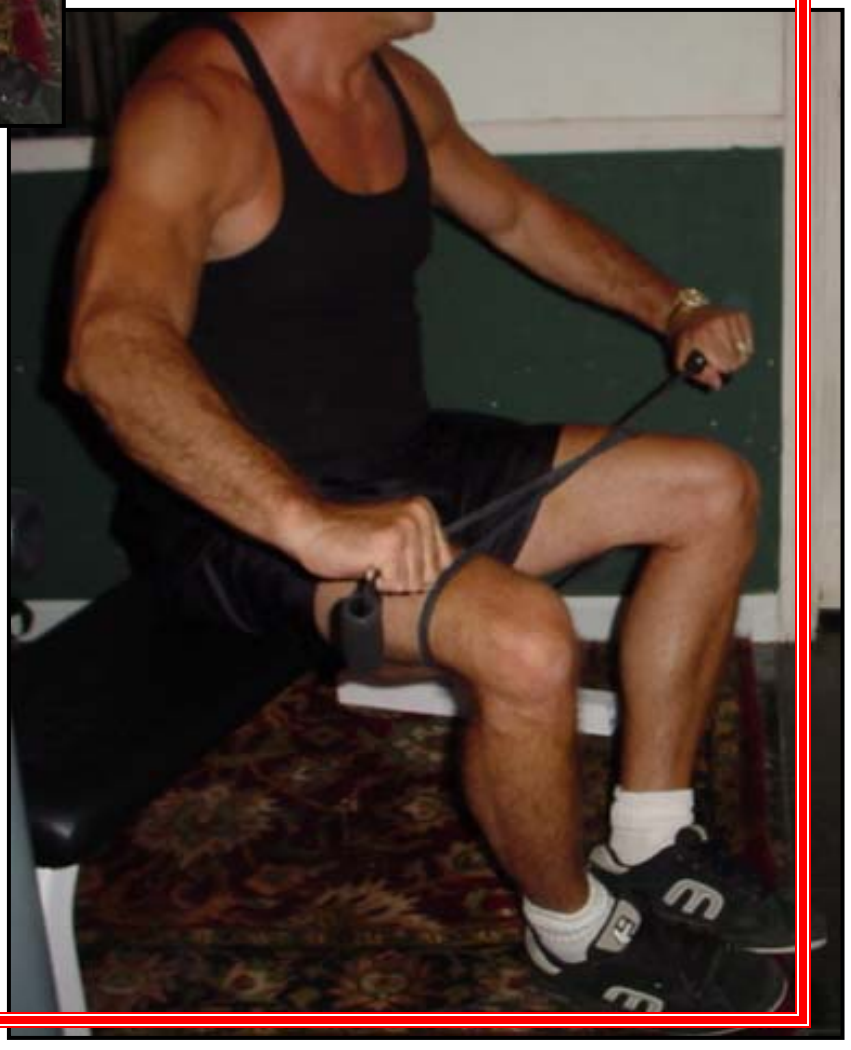
Here we work the legs by holding the tube with the feet and the legs bent, then extending the legs up and out.

Here we work the inner thigh by wrapping the tube around the ankles and the pulling the legs apart at the knees.

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we work the inner thigh by wrapping the tube around knees the pulling the legs apart at the knees.



Copyright 2004

Manual

Here we hold the tube on our foot and bend the leg then extend it out to the front.

Copyright 2004

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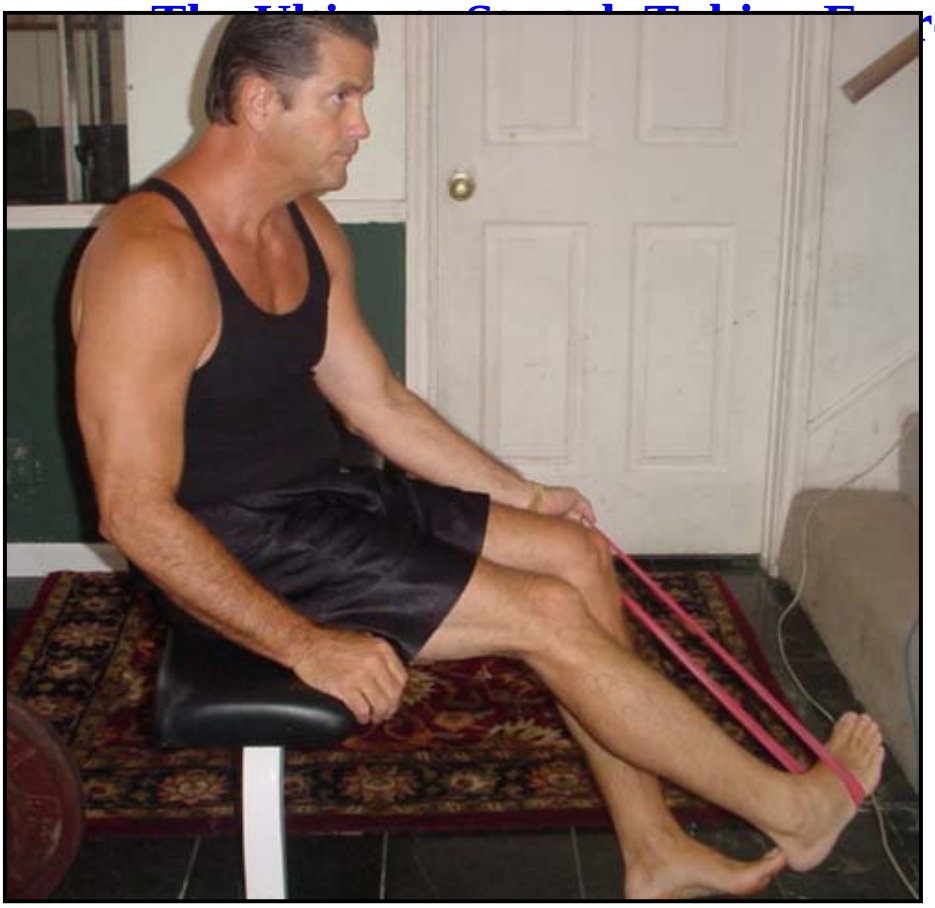
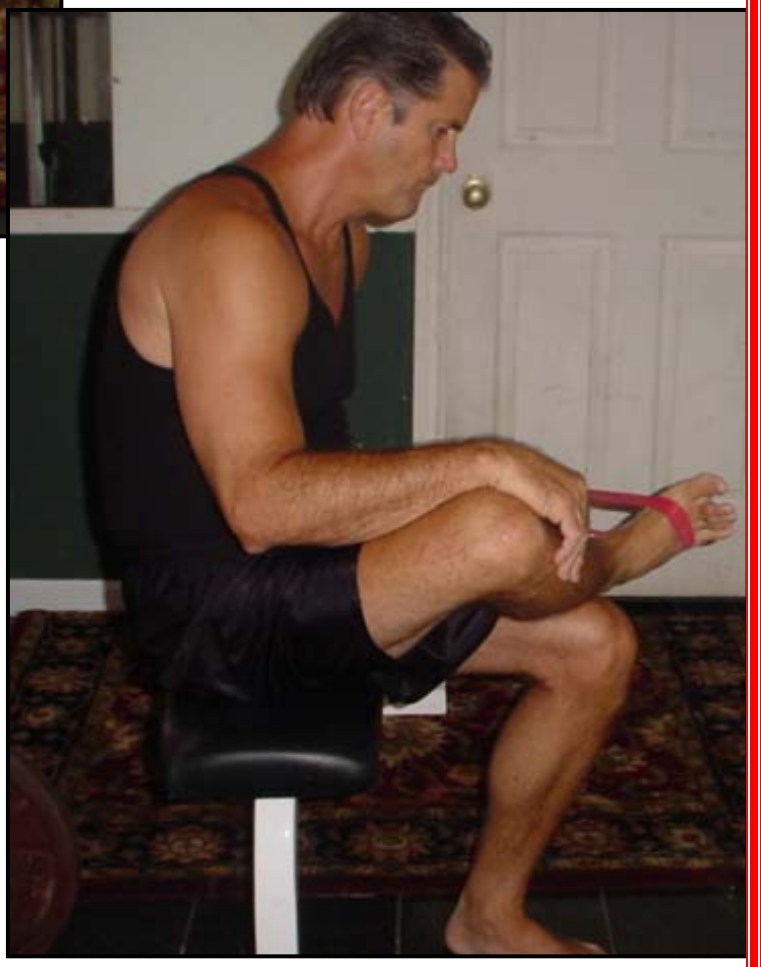
Here we hold the tube on our foot work the ankle and calf, by extending the ankle.



Here we hold the tube on our foot work the ankle and calf, by extending the ankle.

This is the same exercise done without a sock for a more secure hold.

Here we work the ankle by wrapping the tube around the foot and then flexing it.



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Here we work the ankle by wrapping the tube around the foot and then flexing it.

Copyright 2004

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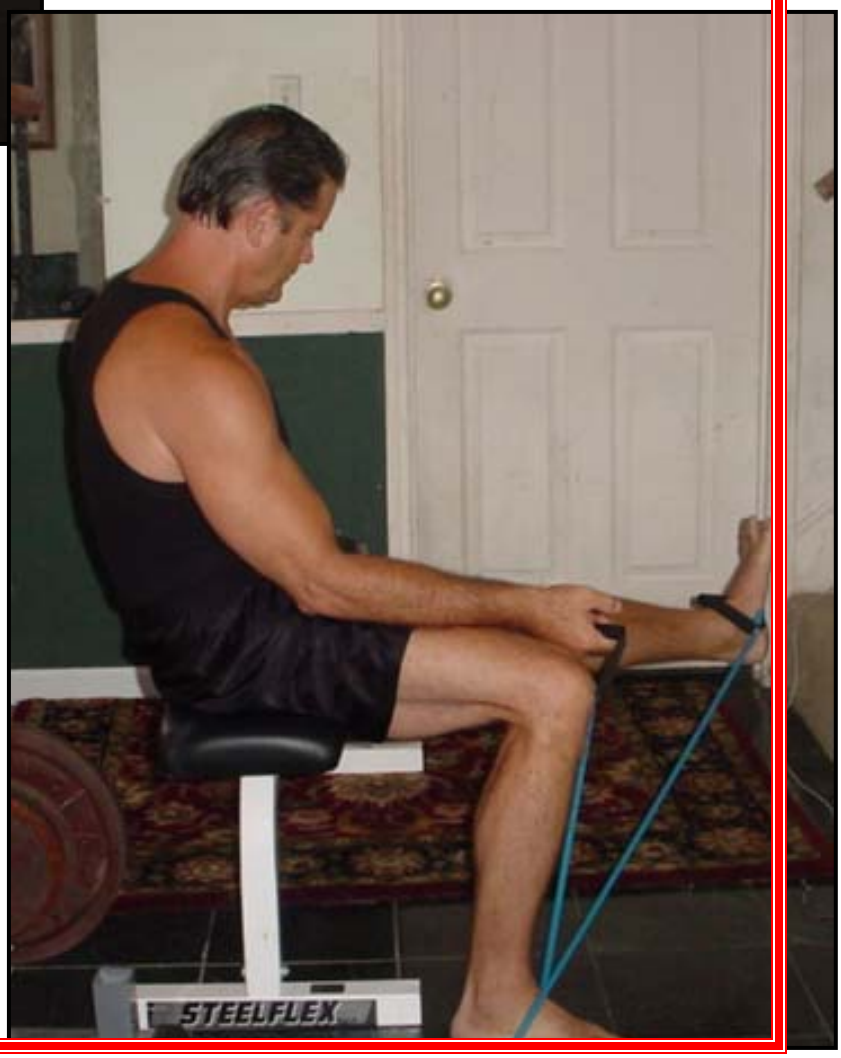
Here we hold the tube wrapped around out foot and held by the other foot with the leg bent, then we extend the foot forward.



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Here we hold the tube wrapped around out foot and held by the other foot with the leg bent, then we extend the foot forward. We hold the extending leg for support.

g Exercise Manual

Here we wrap the tube around out foot and hold the leg up and extend the ankle.

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Here we wrap the tube around our body and hold the end with the foot, then extend the leg forward.

Copyright 2004

Here we hold the ends of the tube with both feet and then extend the legs forward.

Copyright 2004

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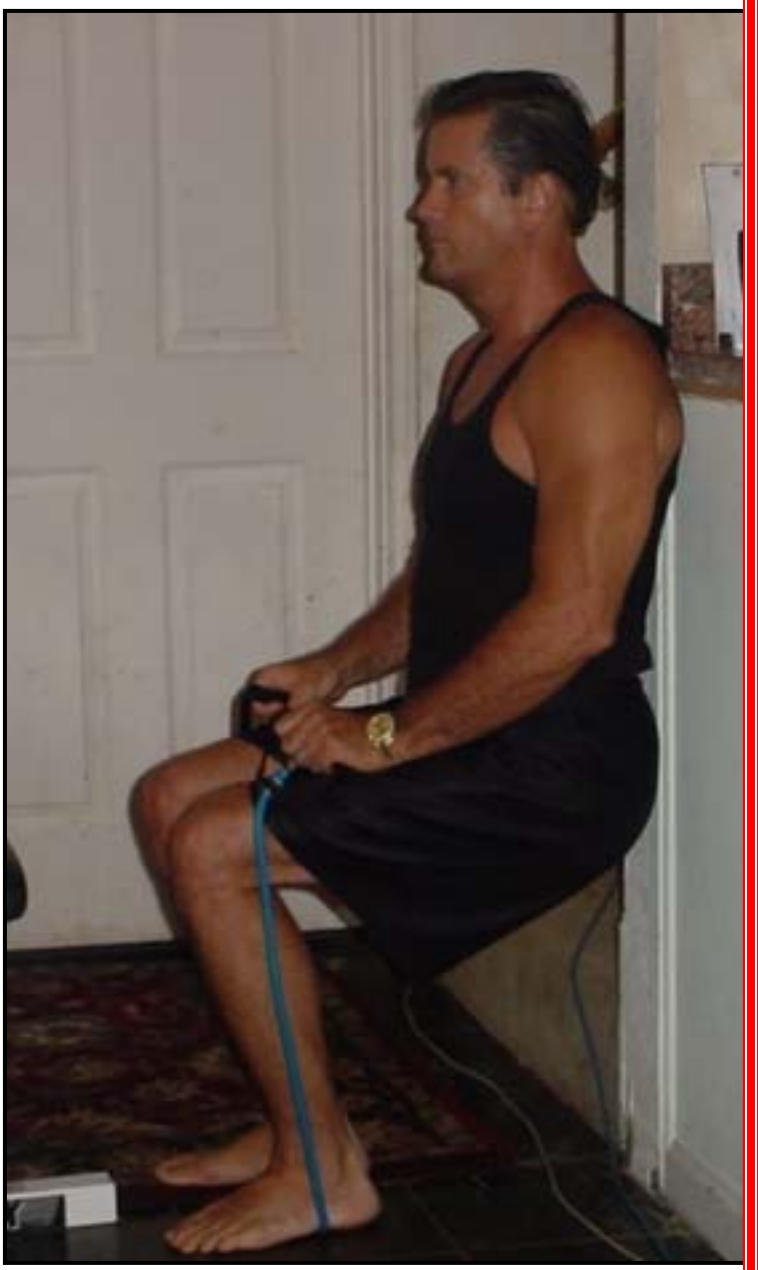
Here we wrap the tube around the body and over the leg and do a back leg extension.

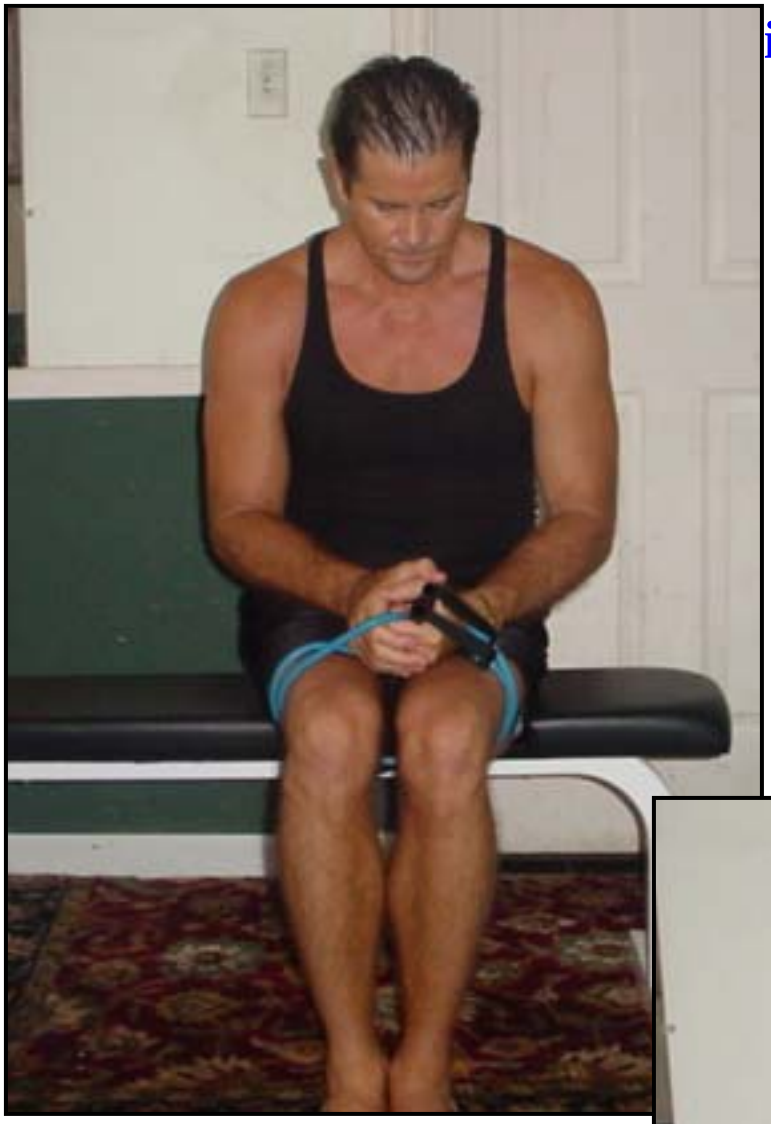
Copyright 2004

Here we work the knees by holding doing a knee curl .

Copyright 2004

Here we do a squat with our back to the wall for support, while standing on the tube.





Here we wrap the tube around our legs and then pull the legs apart.

Copyright 2004

Here we wrap the tube around the legs and extend the leg out the side for the exercise.

Copyright 2004

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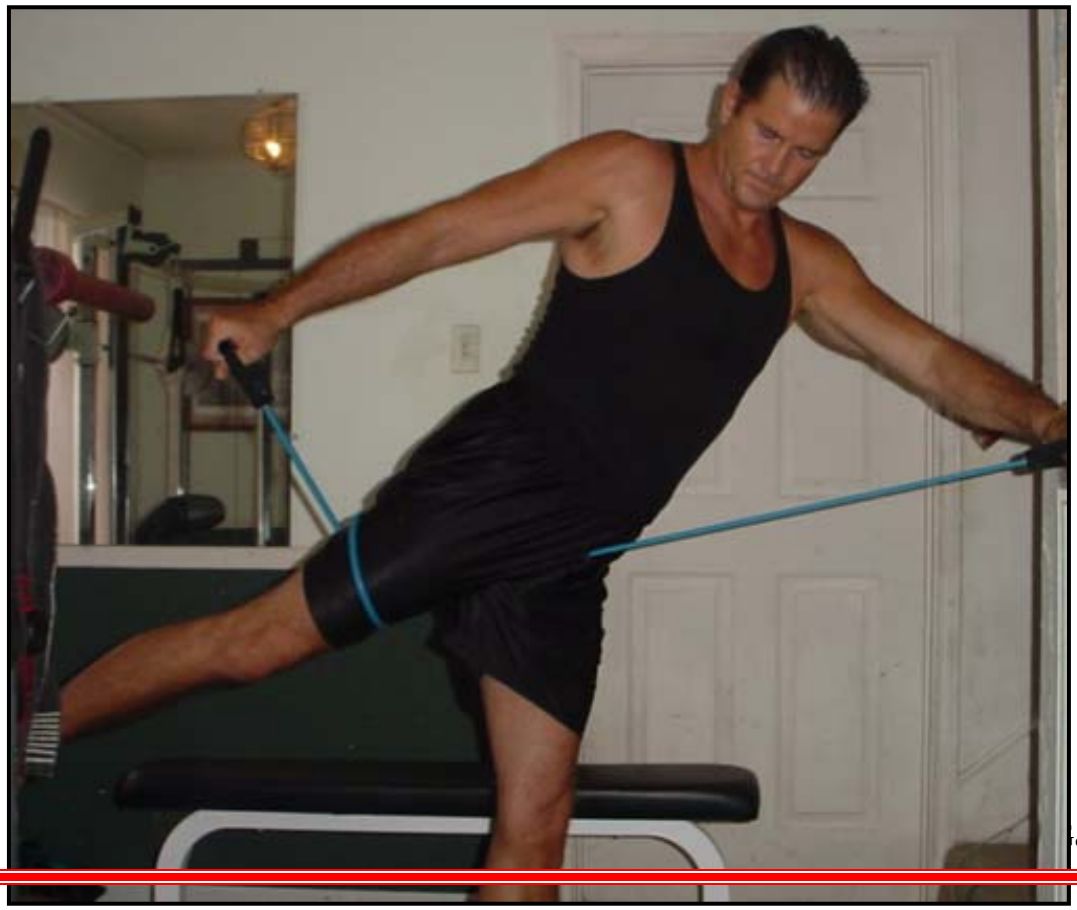
Here we wrap the tube around our feet and then pull the feet apart.

Copyright 2004

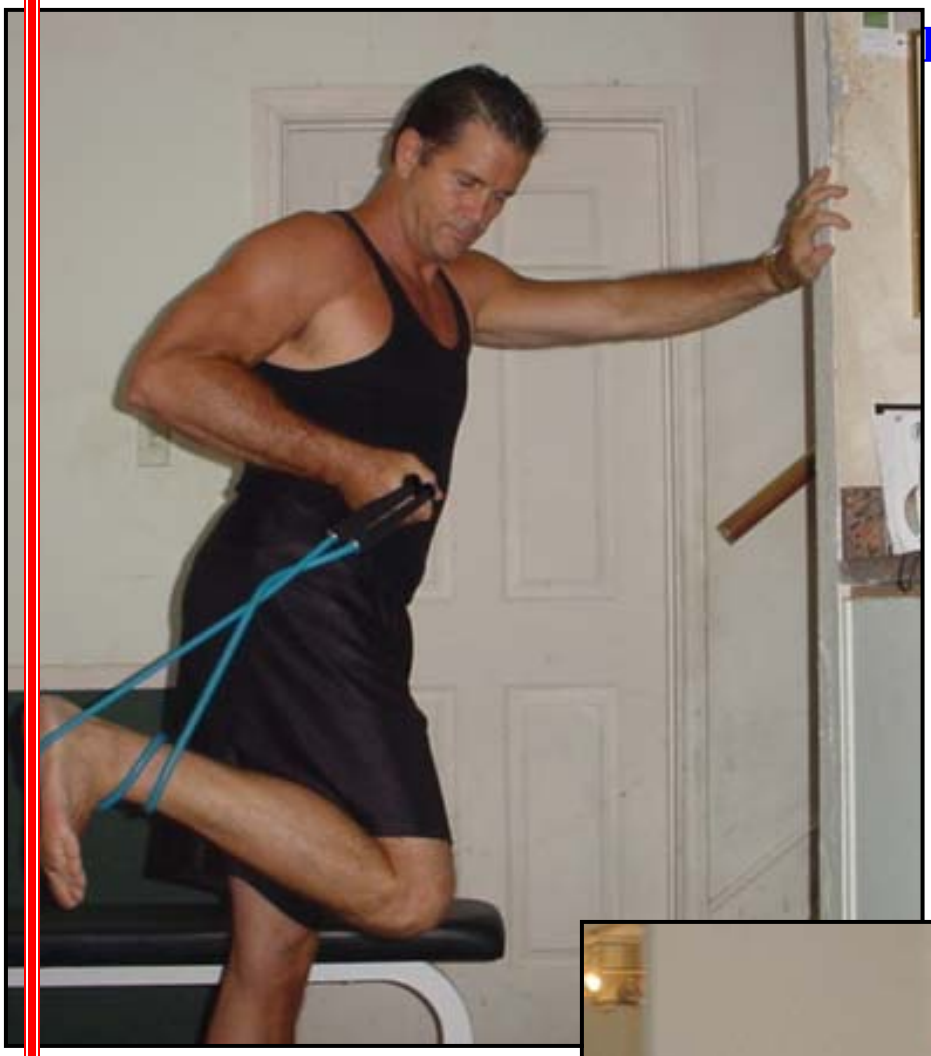
Here we wrap the tube around our leg and under our foot and do a kick back.

Copyright 2004



Here we wrap the tube around our leg , holding the leg up and then kicking it back.

Exercise Manual



Here we work the knee by wrapping the tube around our ankles, holding the leg up and bent, then extending it down.

Copyright 2004

Here wrap the tube over the foot and pull the leg away from the bench.

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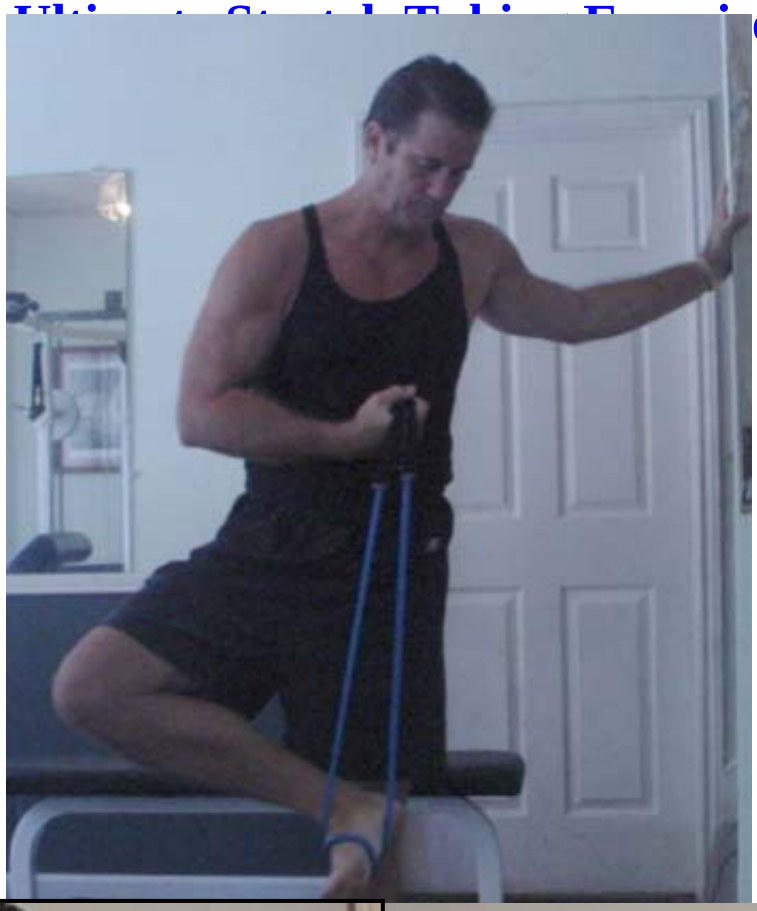
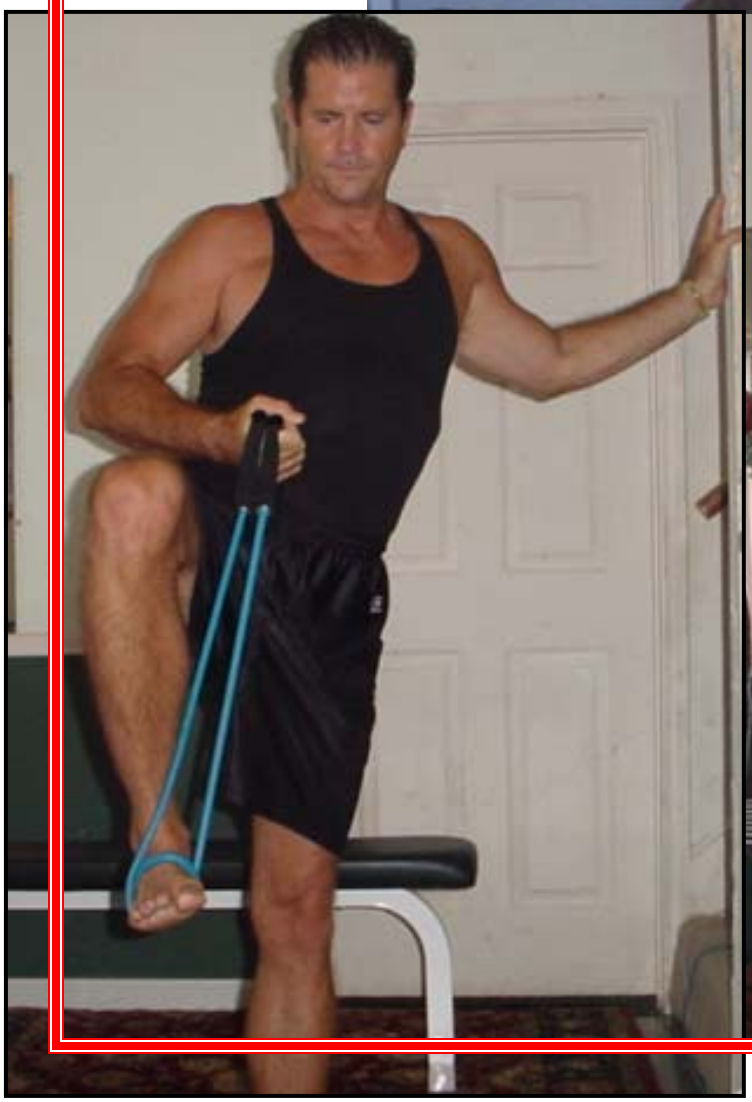
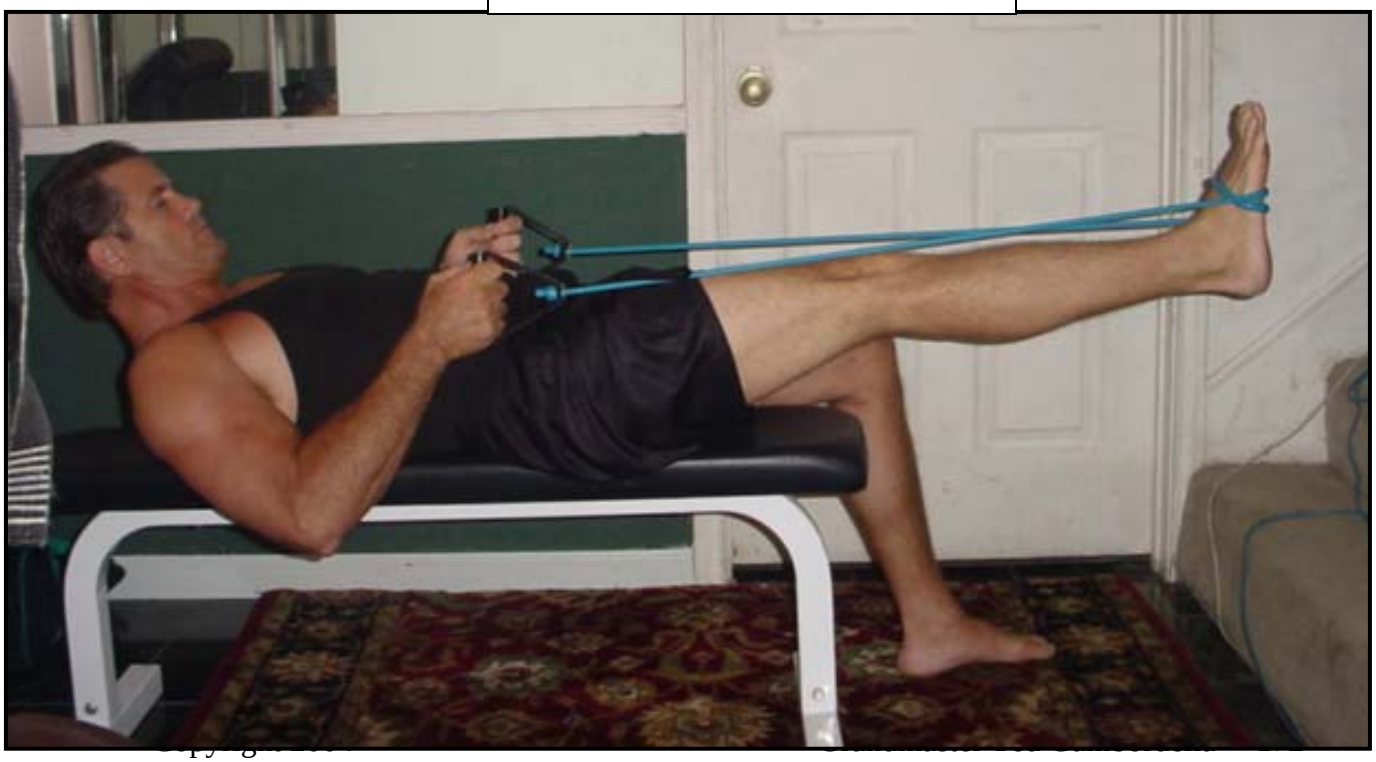


Here we wrap the tube around the foot and pull the leg up and then straight and then out.



Here wrap the tube around the foot, bending the leg and then extending it directly out.



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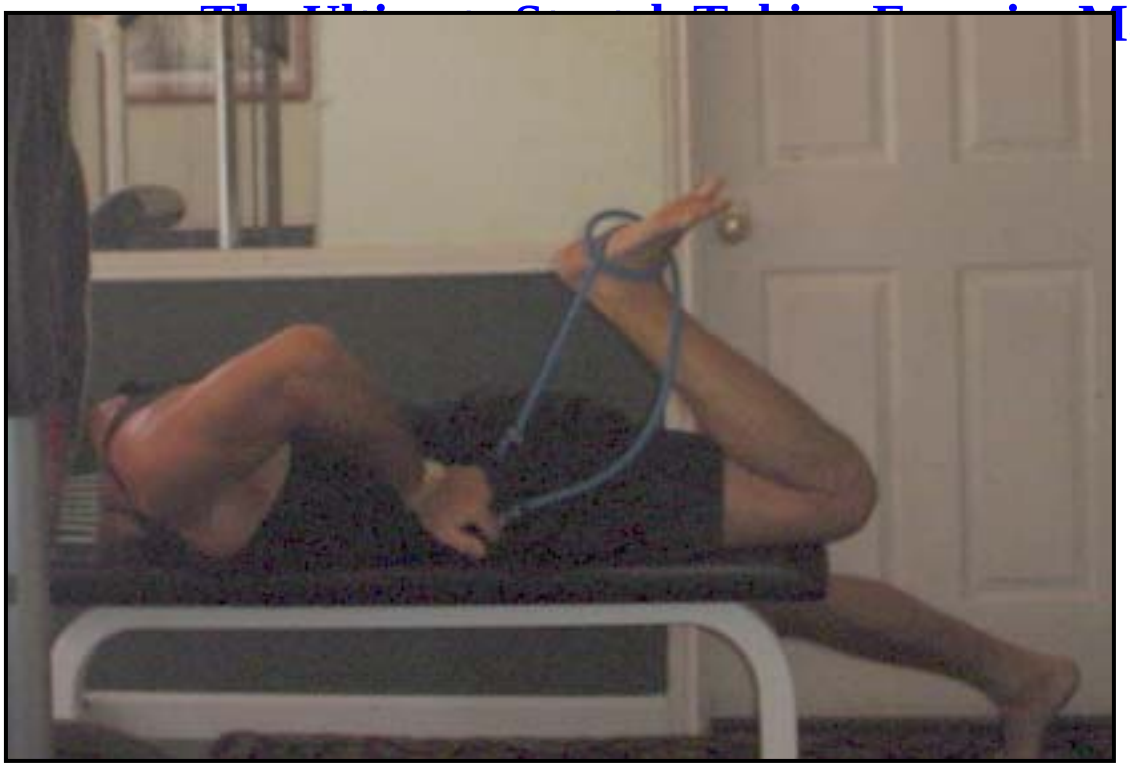
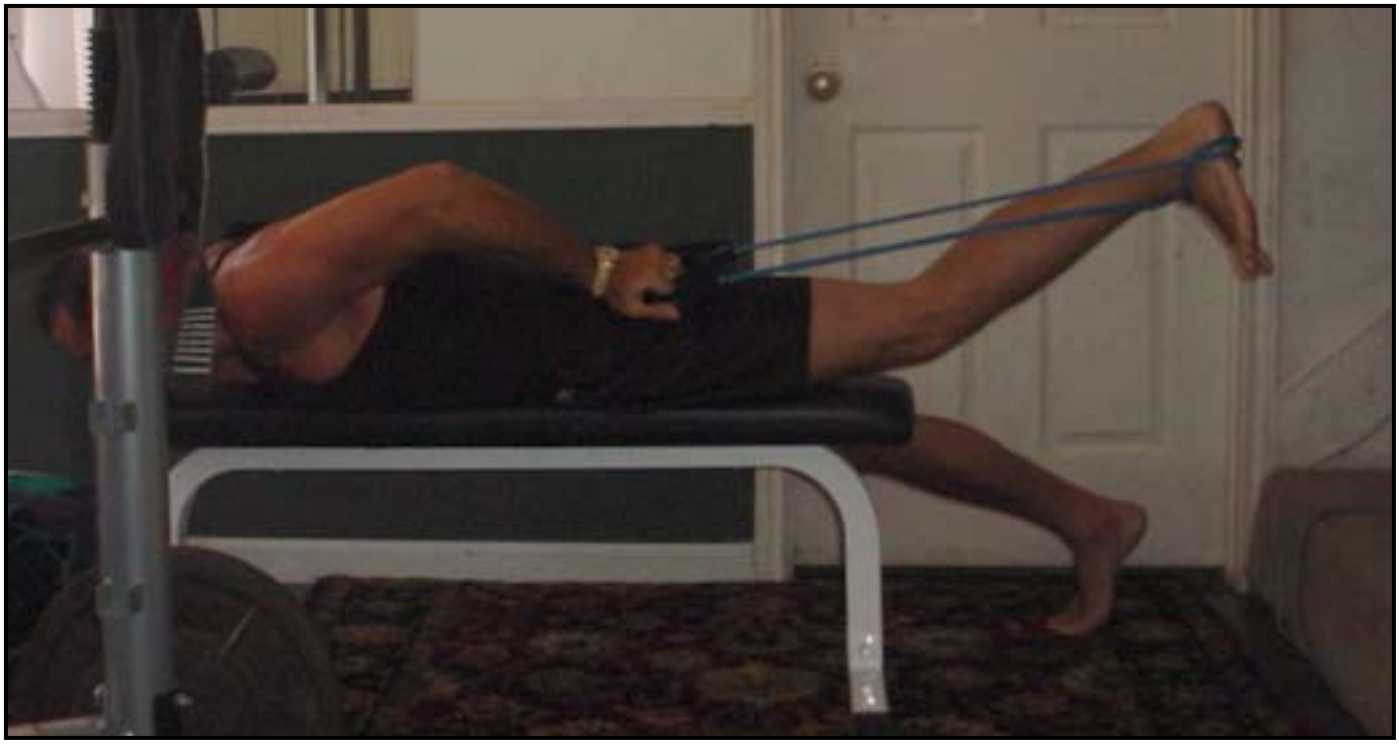
Here we do a modified squat by wrapping the tube around our hips and then sitting up and down. Keep the elbows wide and out.

Copyright 2004



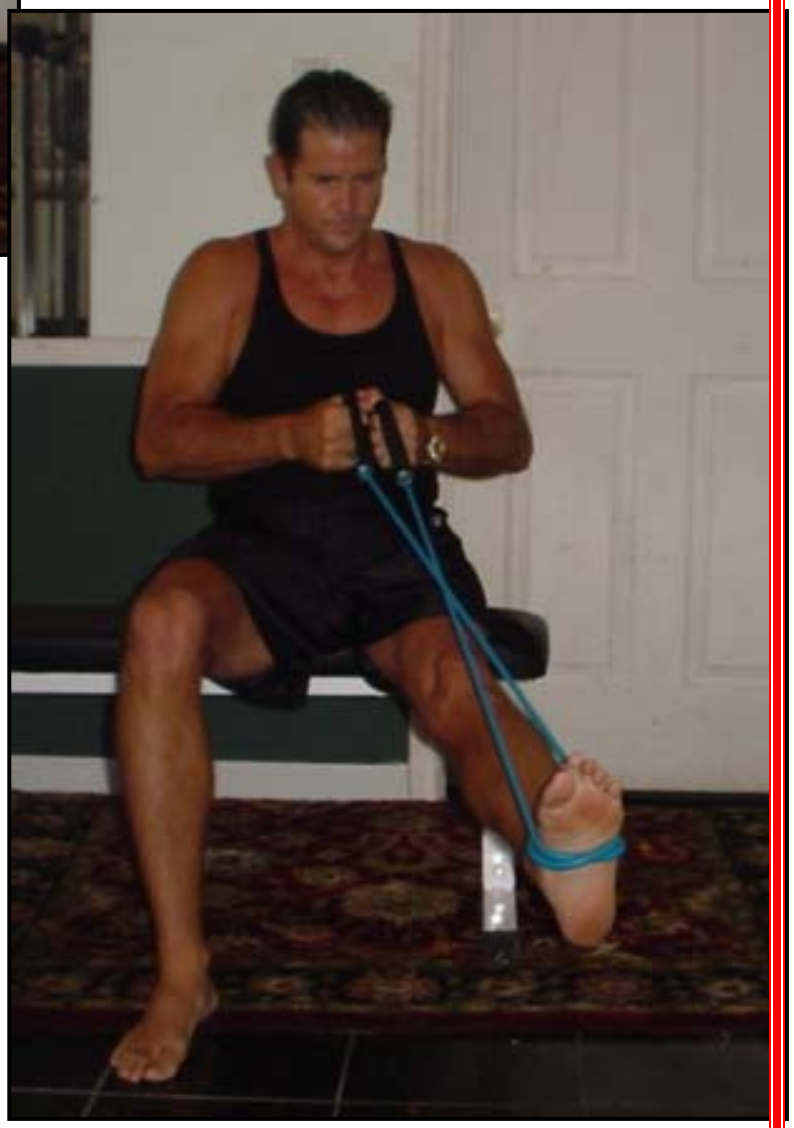
Here we wrap the tube around our foot, while lying face down on the bench, then extend the leg out and back.



Here we wrap the tube our foot and hold the leg out to the side, then kick it back.

Tubing Exercise Manual

Here we wrap the tube around foot, holding the leg up and in, and then extending it out to the front.



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Here we do a squat by standing on the tube and bending down and then back up.

Copyright 2004

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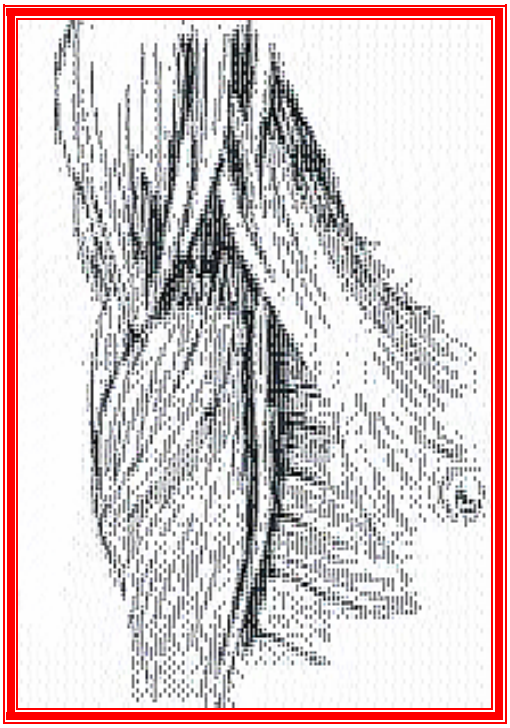
Here we do a one leg squat, you might want to hold on to something with one arm for support.

Copyright 2004

Here we hold the tube with our feet and while having the legs bent, then we extend them up and out.

Lat Exercises



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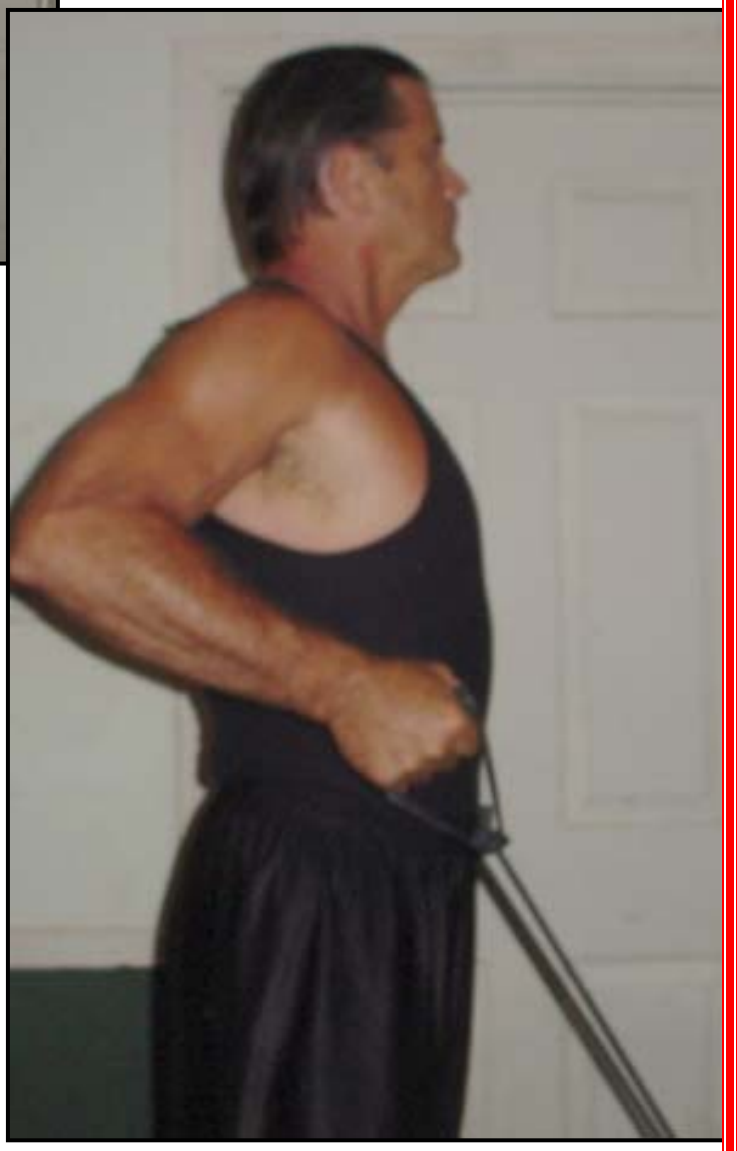
Here we work the lats by holding the tube out in front of the body then pulling it up and towards the back.



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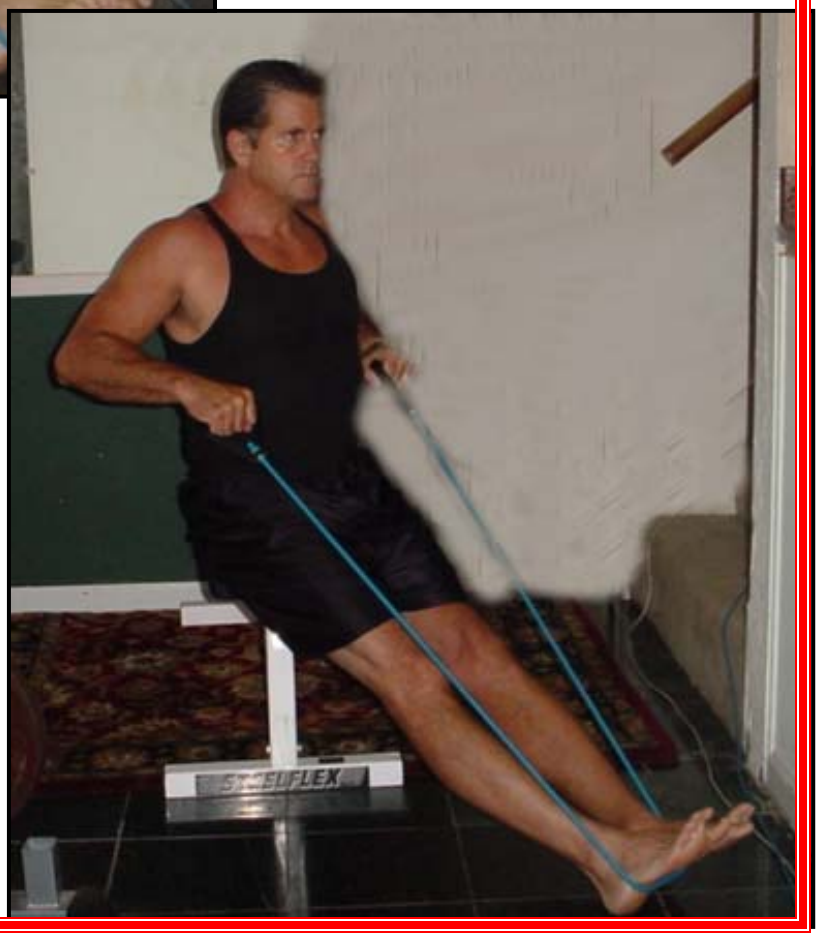
Here we work the lats holding the tube with the feet and the legs locked out in front of the body, lean slightly forward, and then we pull back with the arms



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Here we work the lats extending the leg forward and holding the tube with the foot, then pulling back with one arm.

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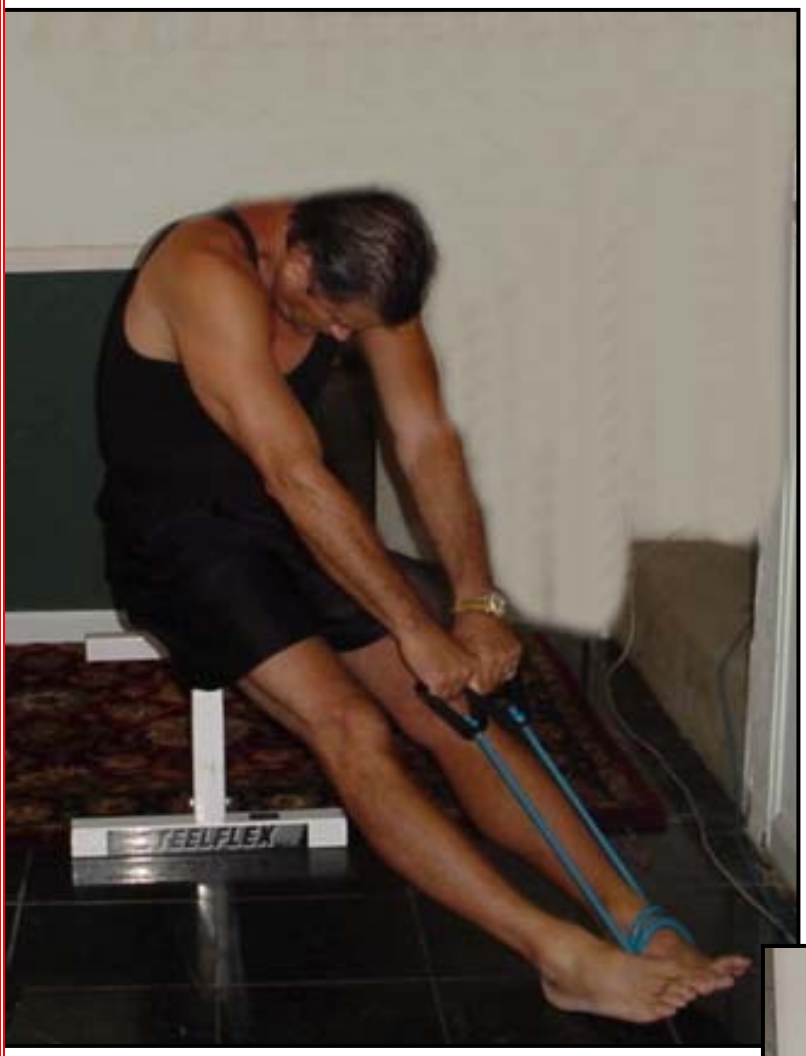
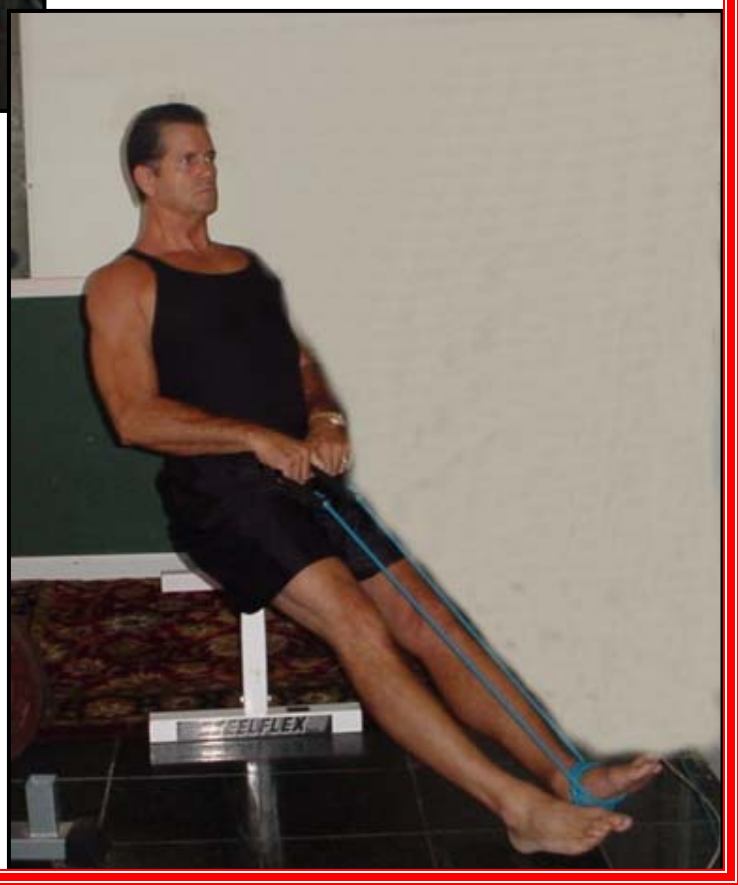


Here we work the lats leaning forward holding the tube with both feet, leaning backwards and pulling the arms to the side.



Copyright 2004

Martial Arts Exercises

Copyright 2004

Here I show how to wrap the tube for the exercises.

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Here we practice a front kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.

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Here we practice a side kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.

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Here we practice a round kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.

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Here we practice a low kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.

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Here we practice a low front kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.

Copyright 2004

Here we practice a low side kick wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support

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Here we practice a back kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.

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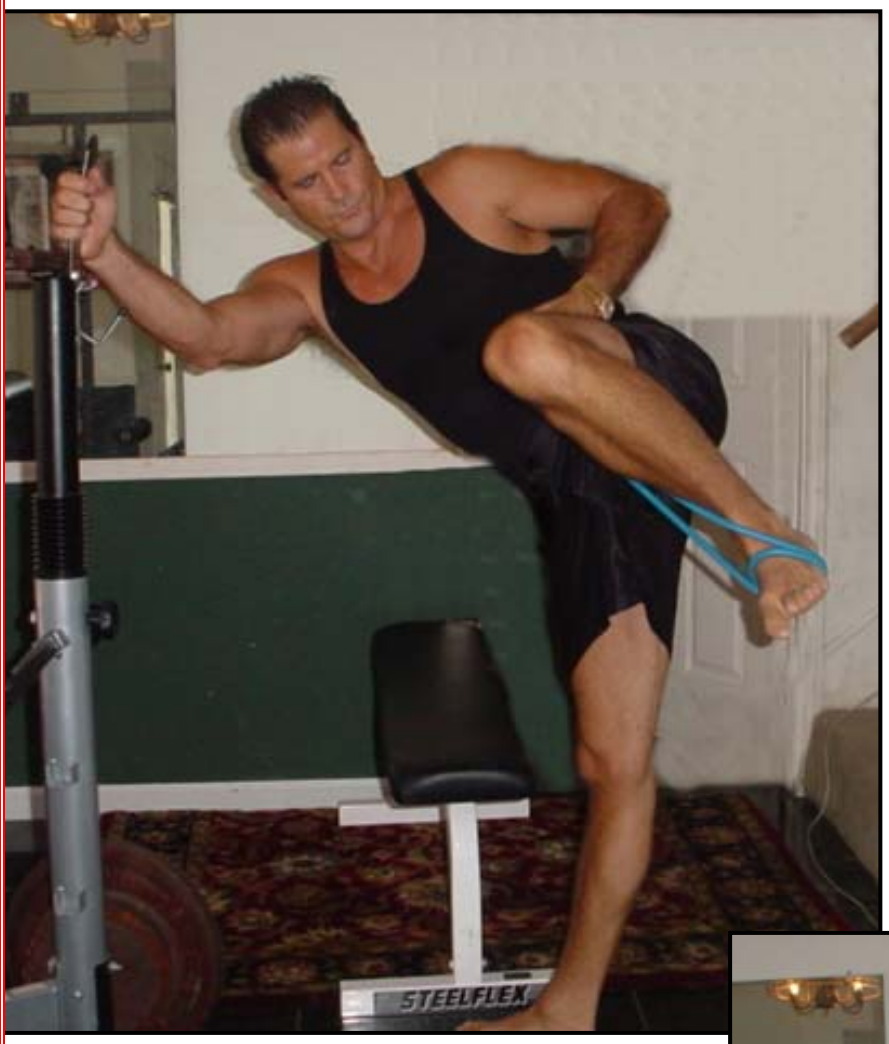
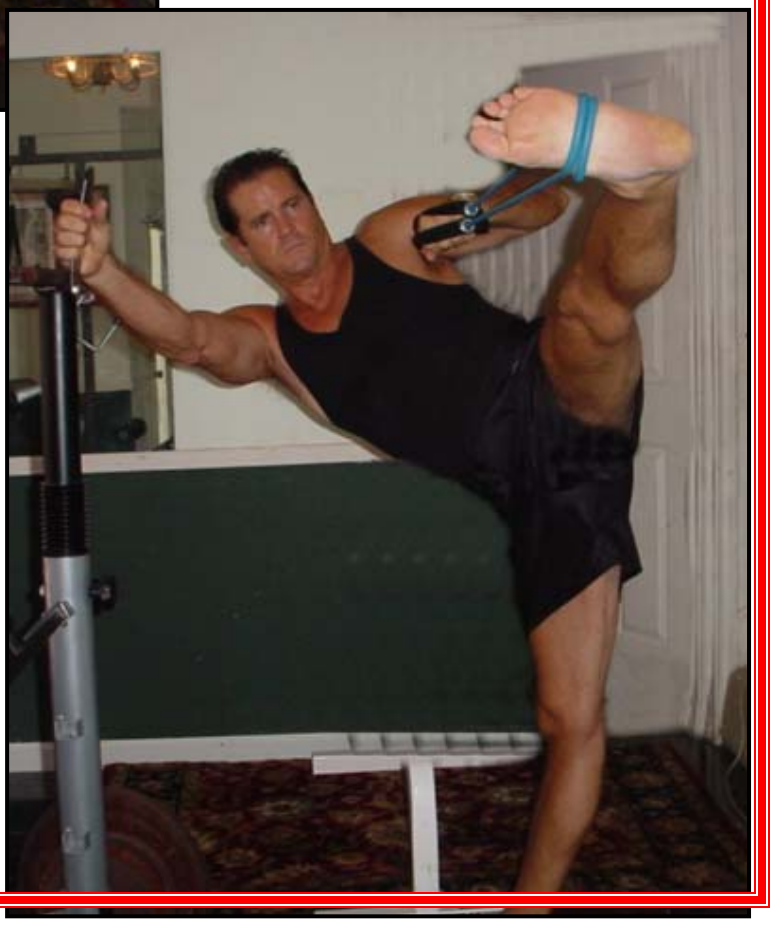


Here we practice a high round kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.



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Here we practice a highest front kick, wrapping the tube around the foot, then bringing the knee up and then kicking out. You can hold on to the wall or a chair for support.

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Here we practice a lunge punch, wrapping the tube around the body, we hold the arm waist high and then punch directly out.

Copyright 2004

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Here we practice a lunge punch, wrapping the tube around the body, we hold the arm waist high and then punch directly out.

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we practice a down block , wrapping the tube around the body, we hold arm up and in front, then snapping them down and back.

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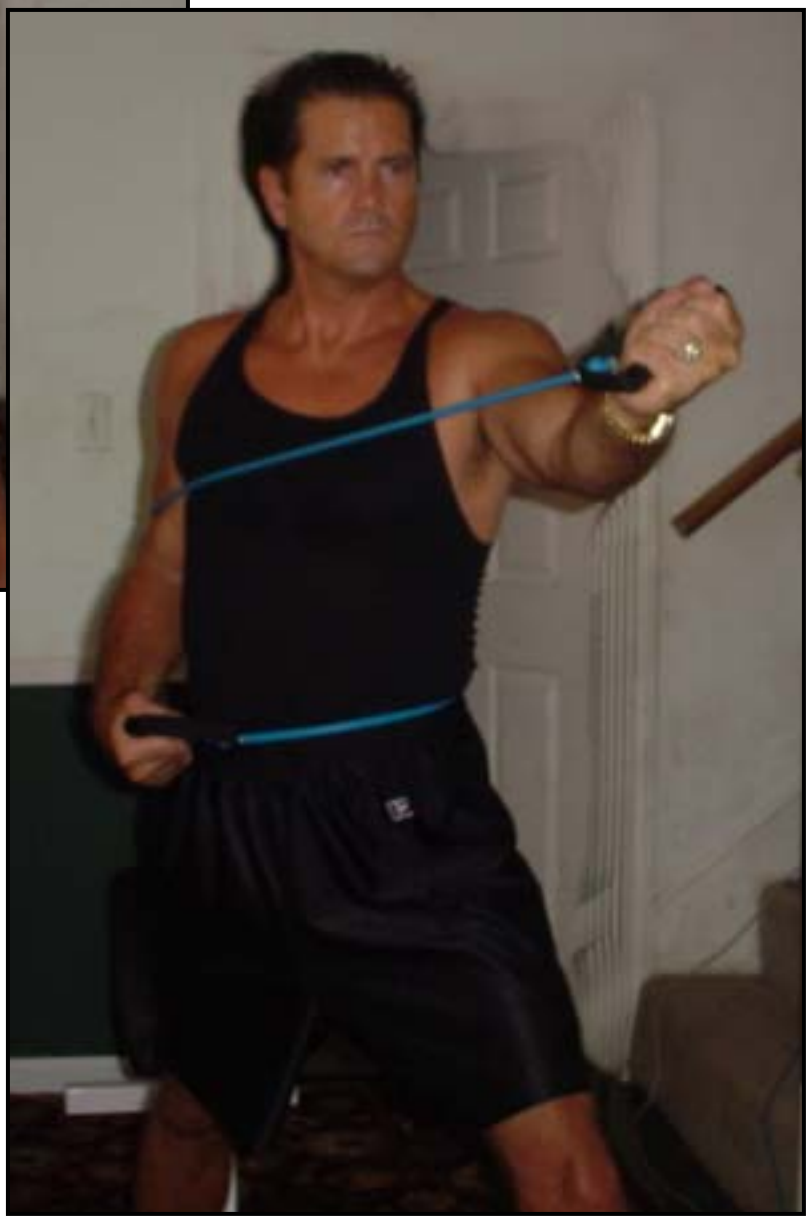
Here we practice a down block, holding one arm up in front of the body then twisting the body as we block down over the knee.

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we practice a chest block, holding one arm up in front of the body and then twisting across the body.



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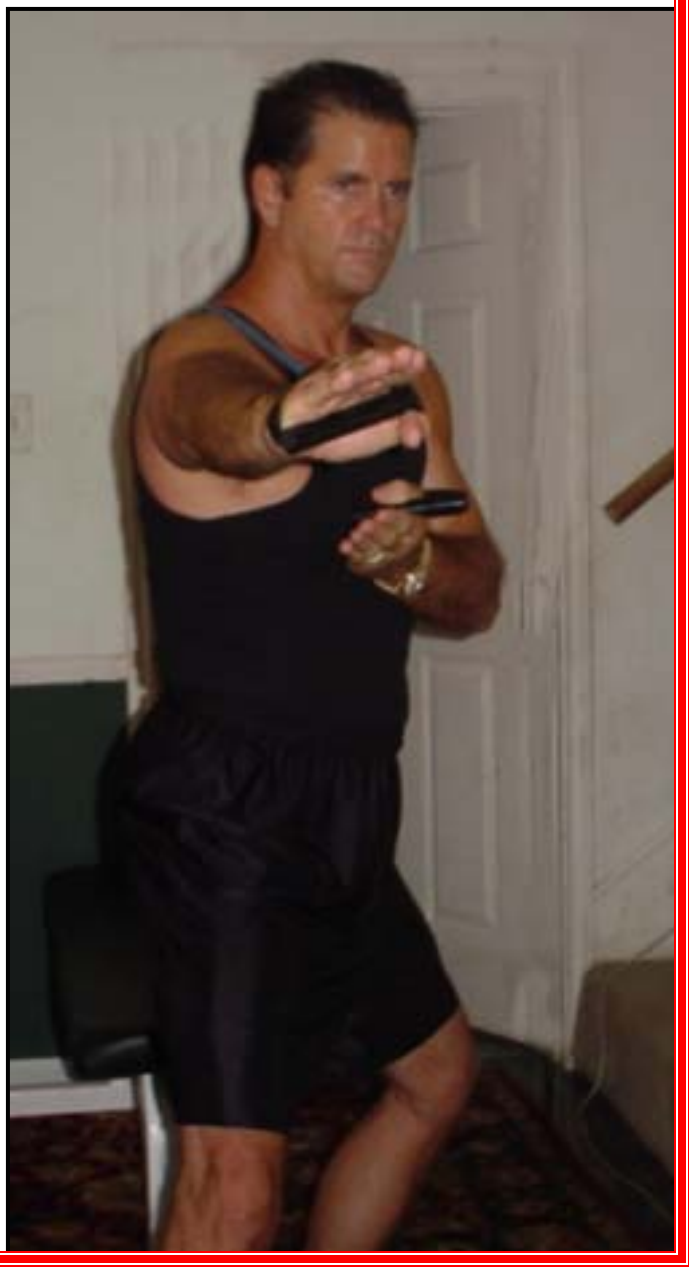
Here we practice a Knife hand block, holding one arm up in front of the body then snapping the arms across the body with the blade of the hand out.

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we practice a Knife hand block, holding one arm up in front of the body then snapping the arms across the body with the blade of the hand out and facing down.



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Here we practice a low side kick by wrapping the tube around the body, lifting the knee and then snapping it down. .

Copyright 2004

Here we practice a the side kicking posture. Holding the leg high and to the side. .

Copyright 2004

Here we practice a high round kick, holding the wall for support. . .

Copyright 2004

Here we practice a high round kick, holding the wall for support, be sure to hit with the heel or the ball of the foot.

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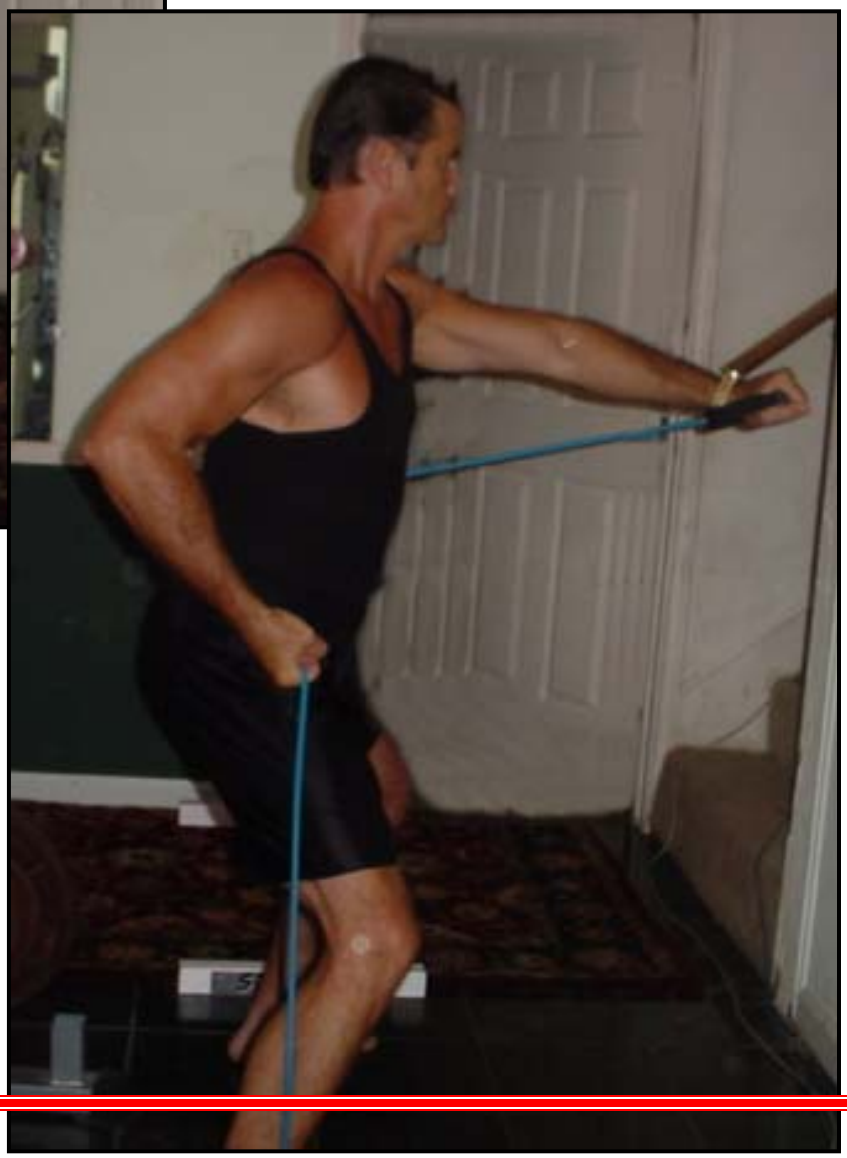
Here we practice a front punch, wrapping the tube around the body and then punching out.



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Here we practice a double front punch, wrapping the tube around the body and then punching out.

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Here we double down block, wrapping the tube around the body, and crossing it. Then we bring the arms out and then snap them down for the block

Copyright 2004

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Here we practice head block, wrapping the tube around the body and then twisting to the side while bringing the arm up in front of the head

Copyright 2004

Here we practice head block, wrapping the tube around the body and then twisting to the side while bringing the arm up in front of the head

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The Ultimate Stretch Tubing Exercise Manual

Here we practice side block wrapping the tube around the body and then twisting to the side while bringing the arm up and directly to the side, keeping the elbow in and pulling the other arm back.

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The side block shown from the side. Please notice the feet .

Copyright 2004

Here we practice the double down block. Wrapping the tube around the body and snapping the arms down to the side.

Copyright 2004

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Here we practice a hard down leg snap kick. Holding the tube around the body, bringing the leg up and then snapping it down.

Copyright 2004

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Here we practice a low side kick, wrapping the tube around the body, bringing the leg up and snapping it down to the side.

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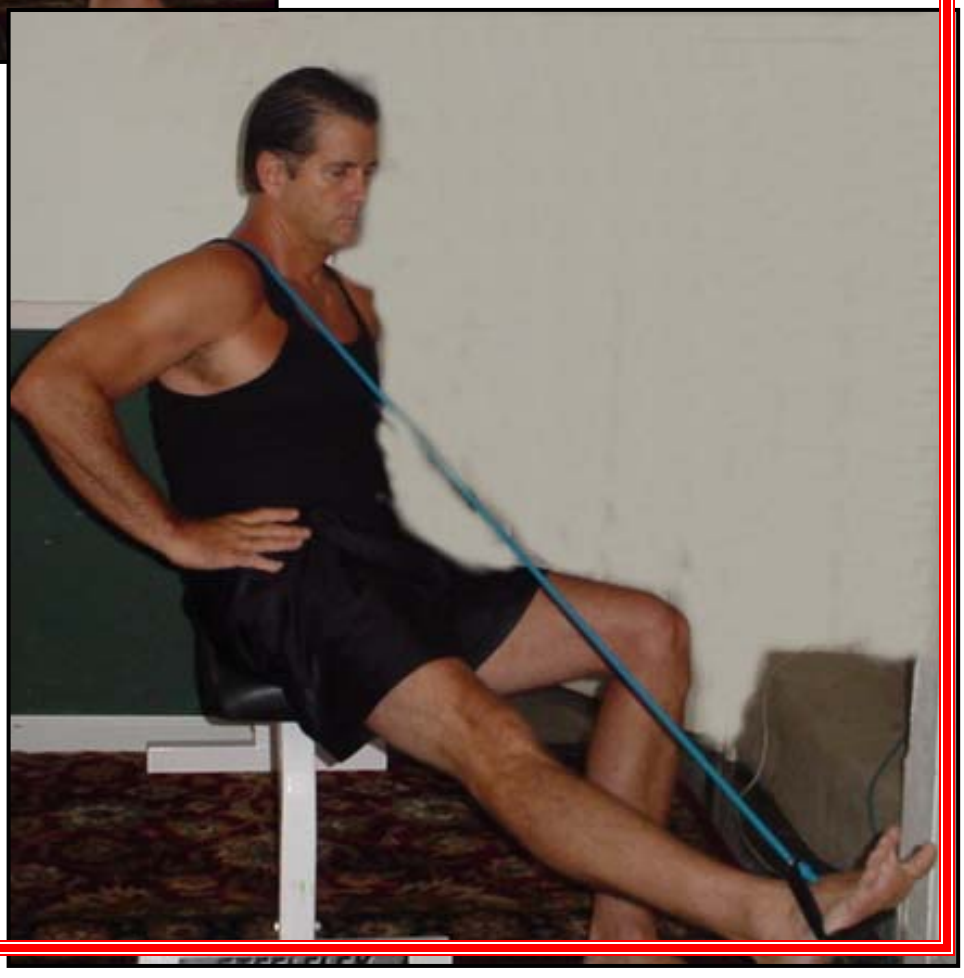
The Ultimate Stretch Tubing Exercise Manual

Here we practice sitting front snap, wrapping the tube around the body, bringing the leg up and snapping it out forward.



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Here we practice low foot stomp. Lifting the leg high and then snapping it down

Copyright 2004

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Here we a low punch, wrapping the tube around the body then leaning forward and thrusting the arm down and out.

Copyright 2004

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Here we a low block, wrapping the tube around the body, bringing the arm up across the body then snapping it down to the guard the front of the body.

Copyright 2004

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Here we a middle block, wrapping the tube around the body, bringing the arm up across the body then snapping it down to the guard the front of the body.

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we low side block , wrapping the tube around the body, bringing the arm up across the body then snapping it down across the body to guard the front of the body.

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we middle block , wrapping the tube around the body, bringing the arm up across the body then snapping it down across the body to guard the front of the body.

Copyright 2004

The Ultimate Stretch Tubing Exercise Manual

Here we middle upper punch. , wrapping the tube around the body, holding the arm by the side and then snapping the arm up to the center of the body. .

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Here strengthen the wrist by holding the tube with one hand then pulling back on the wrist and then forward to work it. .

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Here strengthen the wrist by holding the tube with one hand then pulling back on the wrist and then forward to work it. .

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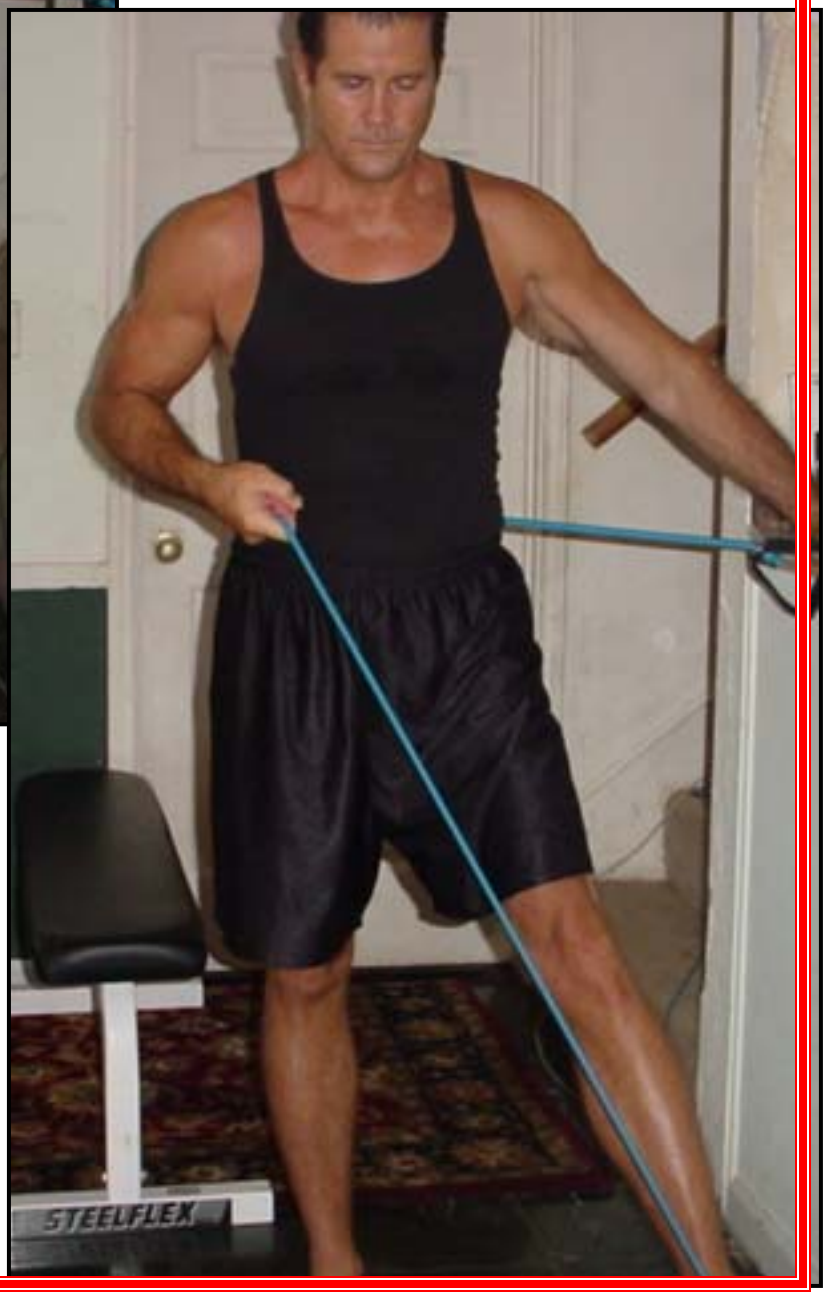
Here practice a front knee kick, bending the knee and then snapping it down .



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Here we practice a back kick, wrapping the tube around the foot and then leaning forward while kicking back.

Copyright 2004

Here work our hip snap. Holding the tube around the body with one arm out, we twist hard to the side and snap back with the hips, this builds our hip strength for punching and kicking. .

Copyright 2004

Here practice a lock back kick, wrapping the tube around the foot, lean forward and kick back.

Copyright 2004

Exercise Manual

Here we practice our low snap, by holding the leg up and then snapping it down.

Copyright 2004

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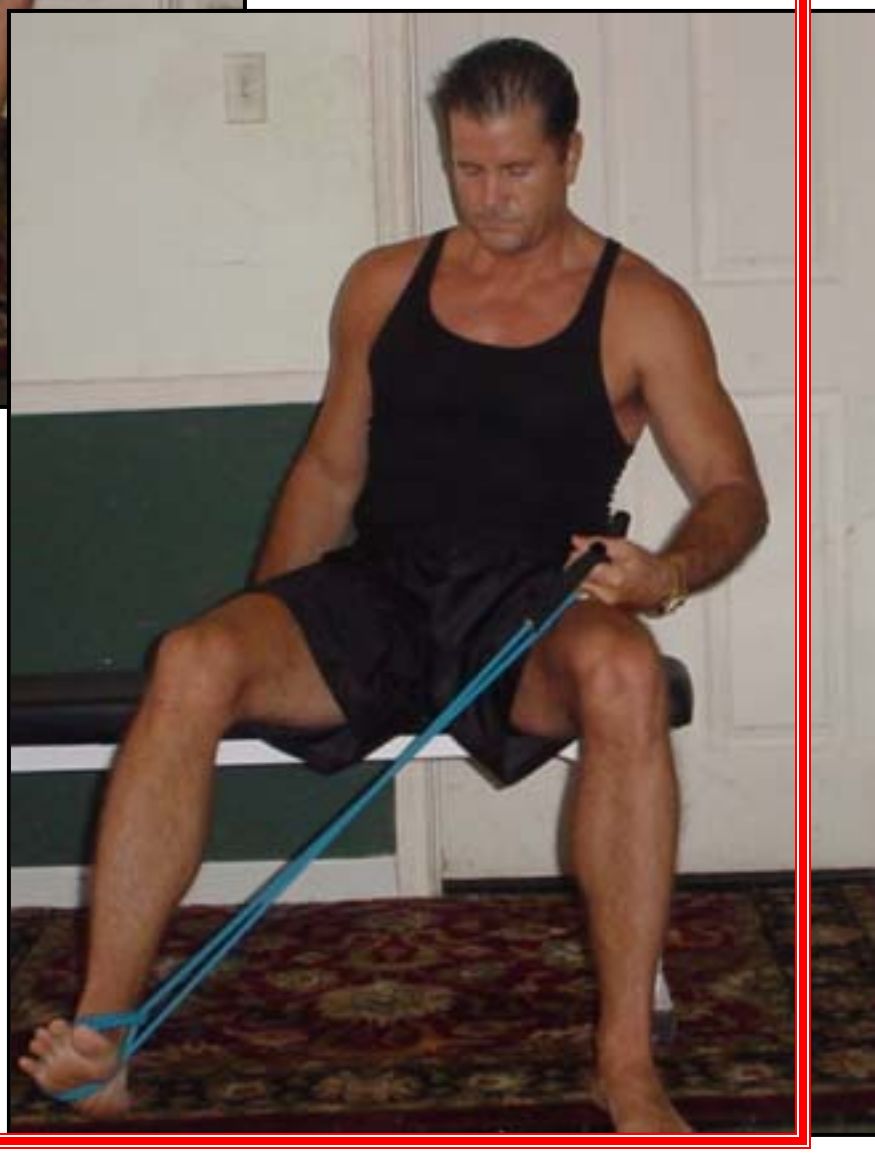
Here work practice our inner kick, by sitting down, holding the leg up and then snapping it down across the body.



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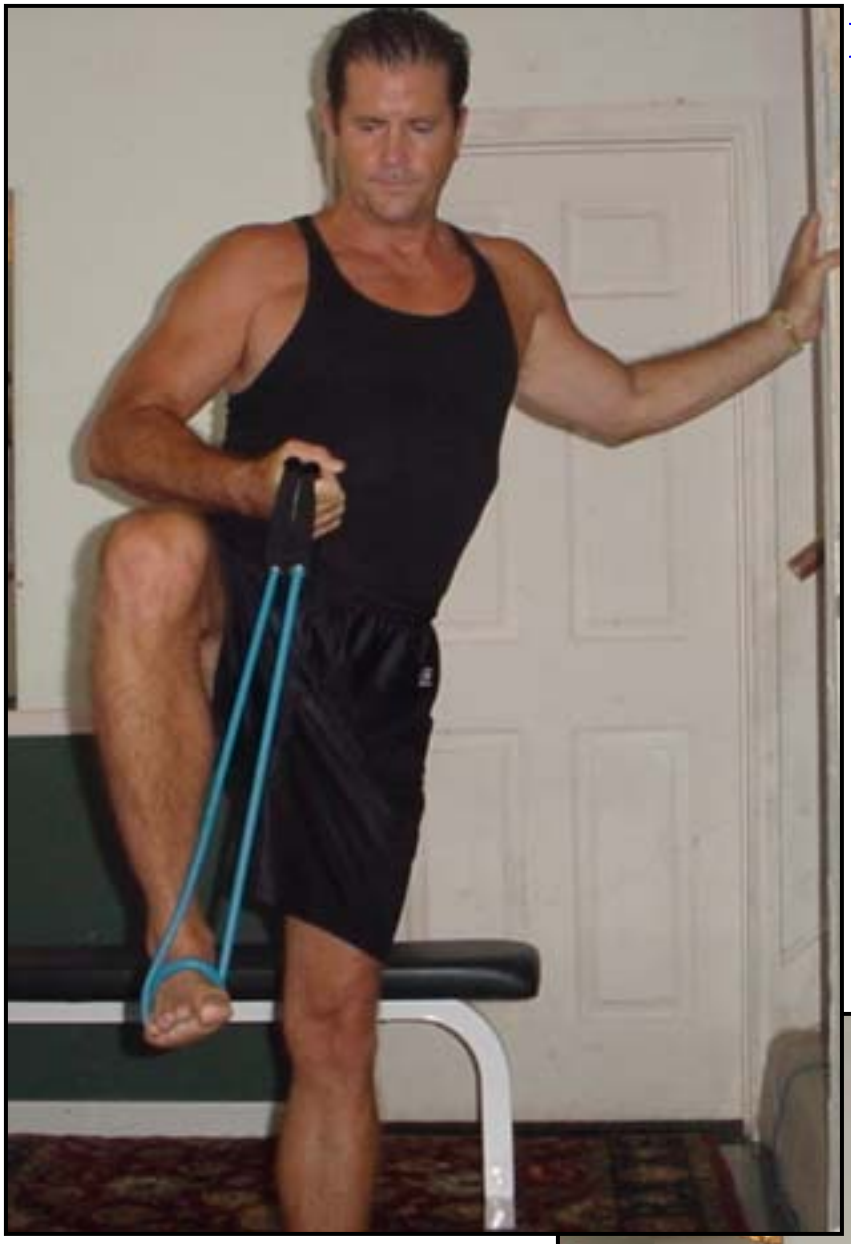
Exercise Manual



Here work our hip kick. Holding the leg up, we snap the foot backward to break the knee.

Copyright 2004

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Here strengthen the neck muscles by wrapping the tube around our head then pulling against the tube forward and backwards and to the sides.

Copyright 2004